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## Health review recommends changes

More youth psychiatrists, trauma-based care needed, says expert

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## Playing good cop, good cop

Halifax partakes in multi-city CopShop event that pairs youngsters with police for Christmas shopping

PAGE 8



## BRAZEAU BID NOT BACKED BY PRESS GROUP

SUSPENDED SENATOR DENIED PRESS PASS

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## PEDESTRIANS HURT IN CRASH

Police investigate a three-car crash that seriously injured two pedestrians at the intersection of North and Agricola streets on Wednesday. Police say an SUV that caused the crash fled the scene. Story, page 5.

JEFF HARPER/METRO

## Union pans cutbacks

**Canada Post.** Hundreds of Halifax mail carriers could be affected



Canada Post is phasing out door-to-door service. JEFF HARPER/METRO

The union that represents Halifax postal workers says it's unclear how it will be impacted by Canada Post's elimination of its door-to-door service.

Jeff Callaghan, the Canadian Union of Postal Workers' national director of Atlantic Canada, said about 500 mail carriers work in the Halifax area and it's not yet known how many positions will be eliminated locally.

"You don't grow the business by providing less of a service to Canadians," said Callaghan on Wednesday, hours after the federal Crown corporation announced it would eliminate 8,000 positions over five years, mainly through attrition.

"We totally disagree, and we think so do Canadians."

Callaghan said a large part of the municipality is serviced by door-to-door letter carriers.

"We want that to continue," said Callaghan, adding the

union was made aware of the news at the same time as the rest of the country.

"That's the way to go, to provide a better service to Canadians."

Halifax resident Kurt Ryan said he was accepting the change, adding that it's a sign of the times.

"I'm not surprised by it," the 48-year-old man said outside of his south-end Halifax house Wednesday afternoon.

"As the world changes, it's not unreasonable for you to go pick up your mail."

Canada Post will phase out home delivery within the next five years by replacing delivery by foot with community mail boxes. ALY THOMSON/METRO WITH

FILES FROM THE CANADIAN PRESS

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A new approach

Expert says  
trauma-based  
care main priority

The expert who released an independent review into the mental health programs offered in HRM said it's important to bring trauma-informed care to local services.

Dr. Jana Davidson spoke with reporters about her 14 recommendations on Wednesday, and said trauma-based care is a holistic approach that makes families and patients feel more understood. "It's a culture shift," Davidson said, adding all procedures policies would be changed to reflect the new philosophy but there are "pockets" in the IWK where it's essentially offered now.

In an example where a young person experienced a sexual assault, Davidson said the approach would be to support them when they experienced triggers or felt like harming themselves.

"(It's) helping them help the system understand what it is they need to keep them safe," Davidson said.

The review was launched following the death of Rehtaeh Parsons, who had been a patient at the IWK and took her own life in April after two years of bullying following an alleged rape when she was 15.

Davidson said she hadn't looked at her case specifically, but spoke with Rehtaeh's parents who said they approved of trauma-based care.

"Their comments were that this would have made a difference from their perspective," Davidson said.

To see the full review visit [novascotia.ca/DHW](http://novascotia.ca/DHW).

HALEY RYAN/METRO

# N.S. to hire more psychiatrists

Rehtaeh Parsons.

Health minister said more clinicians needed to follow review



HALEY RYAN  
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Nova Scotia's health minister said the province will recruit more adolescent psychiatrists to handle the "climbing demand" for mental-health services, in response to a new review on adolescent programs launched following Rehtaeh Parsons' death.

On Wednesday, Dr. Jana Davidson released a report containing 14 recommendations on how to improve child and adolescent mental health and addiction services in HRM.

Davidson said after speaking with leaders at the IWK Health Centre, one of the biggest challenges facing the system appears to be the shortage of well-trained staff.

Quoted



"Young people feel more empowered ... and feel

like they've got some say in the treatment."

Dr. Jana Davidson  
About trauma-informed care, which was also amongst the recommendations.



The IWK Health Centre in Halifax on Wednesday. Nova Scotia's health minister said the province will recruit more adolescent psychiatrists to handle the "climbing demand" for mental-health services, in response to a new review on adolescent programs launched following Rehtaeh Parsons' death. JEFF HARPER/METRO

"You have a climbing demand for mental health services," Leo Glavine told reporters on Wednesday. "We will need to bolster the number of clinicians in order to accomplish the recommendations."

The IWK's Acute Psychiatric Inpatient Services treated 405 children and teens in 2012-13, and numbers have been increasing over the last few years across Canada.

In Nova Scotia, 45,000 young adults have mental illness or a substance abuse

problem, and 70 per cent of those illnesses develop before 25 years of age.

Glavine said he doesn't know how many psychiatrists would be hired but the province has a "clinical plan" in the works. He said finding the money isn't an issue, but the process for recognizing the credentials of doctors from places like the U.K. is too slow.

"I need to work immediately with the College of Physicians and Surgeons to get highly qualified people in

place as quickly as possible," Glavine said. "We have areas of Nova Scotia where the wait times are too long."

As a former teacher and administrator, Glavine said he takes mental health very seriously. He said he liked the concrete, specific nature of Davidson's recommendations because it's easier for the province to act on them.

"I will be personally disappointed at the end of my time as minister, if we haven't made good steps forward," he said.

1 NEWS



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# SUV flees scene of accident that left 2 pedestrians in hospital

**Three-vehicle collision.** Police hunt for car they say caused crash, fled northbound on Agricola



**RUTH DAVENPORT**  
ruth.davenport@metronews.ca

Halifax police were on the hunt Wednesday for the driver of a white SUV who they say caused a three-vehicle accident that seriously injured two pedestrians in north-end Halifax.

Halifax Regional Police Const. Pierre Bourdages said the accident happened at North and Agricola around 2:15 p.m.

"A white SUV that we believe was travelling north on Agricola collided with two vehicles," he said. "One of them was thrown against two pedestrians that were on the sidewalk."

The black sedan that was spun onto the sidewalk hit two women believed to be walking together, pinning one between the car and a utility pole.

The car came to rest on North Street pointed towards Robie, the entire driver's side dented and crumpled.

Bourdages said the two victims were rushed to hospital with serious injuries.

A woman who saw the accident stood sobbing outside a police vehicle as she was comforted by an older man, but declined to talk about what she witnessed.

"I just can't talk about it; it could have been me," she said.

A young woman who

works at the Fancy Lebanese Bakery said she didn't see the accident, only the aftermath.

"I saw the girls when they were walking, I just saw one on the ground after the accident happened," said Melanie.

Bourdages said investigators are appealing to the public to find the SUV and driver.

"We're looking for a white SUV with significant front-end damage that fled northbound on Agricola," he said.

Bourdages said police had already responded to 37 accidents in HRM by 2 p.m. Wednesday, and 58 on Tuesday — most caused by icy roads.

"We're still seeing them, so we're asking people to slow down and pay attention," he said.

## Wrong place, wrong time

**"I saw the girls when they were walking, I just saw one on the ground after the accident happened."**

A woman named Melanie, who saw the aftermath of the accident



The accident scene in north-end Halifax that saw three vehicles involved and two pedestrians injured. JEFF HARPER/METRO



A damaged car and a school bus were involved in an accident on Forest Hills Parkway on Wednesday. DARRELL OAKE/FOR METRO

## Icy conditions cause early crashes

Police in HRM were busy Wednesday morning dealing with a rash of accidents to due the slippery conditions on the roads.

By the noon hour, there were over 30 accidents reported. That's on top of 20 reported on Tuesday night when the roads started to become icy.

"People have to take extra time out on the roads

and look for pedestrians," Halifax Regional Police spokesman Const. Pierre Bourdages said.

One accident around 10 a.m. on Forest Hills Parkway involved a car and a school bus. No one was injured and there were no children on the school bus.

A Halifax Regional Police cruiser was also in a two-vehicle crash at University

## The good news

Police said there were no serious injuries reported in any of the morning collisions.

Avenue and Seymour Street in Halifax. Bourdages said the officer was en route to a call when he slid and ran

into another vehicle. No one was injured in that crash.

Then, just after 11 a.m., a HRM snow plow smashed into a vehicle backing out of their driveway on Hebert Road in Spryfield.

Traffic was also slowed in the areas of Magazine Hill and Highway 102 near the Halifax airport due to several crashes.

PHILIP CROUCHER/METRO

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# Major winter storm coming

## Environment Canada.

Residents warned of potentially significant snowfall on Sunday



ALY  
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The municipality could be blasted by its first major snowfall this weekend.

Environment Canada said it's tracking a low pressure system that is expected to develop Saturday over the United States and intensify as it makes its way up to the eastern seaboard to Nova Scotia for Sunday.

Some early reports indicate 15 to 20 centimetres of snow, although Environment Canada said it's too early to make a prediction.

But meteorologist Paula Sutherland of the Atlantic Storm Prediction Centre in

## Snowfall

# 2

The amount of snow in centimetres that fell at Halifax Stanfield International Airport on Tuesday.

Dartmouth said much of mainland Nova Scotia will likely see some of the white stuff.

"It's a little early to be talking about amounts because there's a wide variation depending on the track (of the storm)," said Sutherland on Wednesday.

"Earlier in the week the track was more over Nova Scotia, and now it's just south of Nova Scotia ... so that has an impact on the snowfall amounts."

Environment Canada says strong winds could also cause blowing snow.

The national weather forecaster is asking residents to keep an eye on weather fore-



A pair of walkers head out for a morning walk on the Beechville Lakeside Timberlea Trail on Wednesday morning. JEFF HARPER/METRO

casts and warnings over the next several days, especially those who plan of traveling

over the weekend.

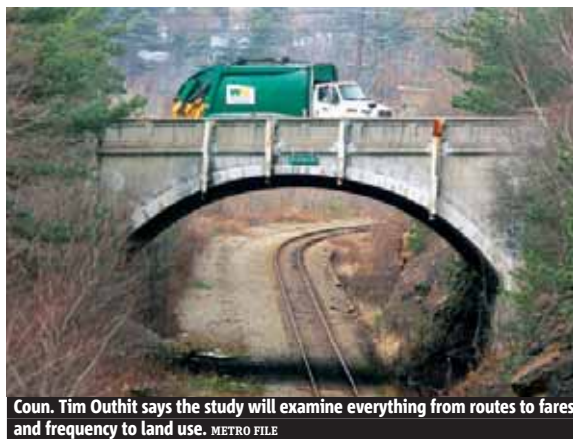
Light snowfall and icy conditions caused several dozen

accidents in the municipality on Tuesday and Wednesday.

Snow at the Halifax Stan-

field International Airport reached nearly nine centimetres last Wednesday.

## CN agrees to join commuter rail study



Coun. Tim Outhit says the study will examine everything from routes to fares and frequency to land use. METRO FILE

CN has agreed to participate in a long-awaited feasibility study of commuter rail in HRM.

Coun. Tim Outhit said Metro Transit director Eddie Robar received a letter from CN late last week indicating the rail company would contribute information on aspects critical to the project such as land, infrastructure and current traffic to the study.

"Having them there, with their data and having them around the table certainly makes it more efficient and more accurate," said Outhit on Wednesday.

Funding of \$250,000 was approved for the study in 2012,

but progress stalled after that because of a legal dispute between the municipality and rail company over maintenance of several bridges in the south end. The Nova Scotia Supreme Court ruled in CN's favour in October, and HRM invited the company to join the feasibility study last month.

Outhit said the study will examine everything from routes, fares and frequency to land use, cost and right of ways.

He said he has no presumptions about the results.

"All I know is that after 20 years of us talking about it, it's time we had the answer," he said. RUTH DAVENPORT/METRO

## At St. Agnes School

### Man in wheelchair struck by vehicle

A 43-year-old man in a wheelchair escaped injury after he was struck by a car in a school parking lot on Tuesday night.

The incident happened in the driveway of St. Agnes School just before 8 p.m.

Police say the man in the wheelchair was crossing the driveway of the school when he was hit by the vehicle at a low speed.

The impact of the collision knocked the man over, but he escaped injury and didn't require any medical attention. METRO

## Dartmouth

### Guns, drugs found in searches

Two men are facing drug charges after police searched two Dartmouth homes Tuesday night.

At 11 p.m. officers searched a residence in the 0-100 block of Gaston Road.

Police say they found a "sizable quantity" of cocaine and marijuana, an undisclosed amount of cash, a shotgun and a replica handgun. Earlier, police searched a home in the 0-100 block of Primrose Street and found marijuana, drug paraphernalia and illegal cigarettes. METRO

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# Halifax cops become personal Christmas shoppers for kids

## Your friendly neighbourhood elves.

Eight other cities across Canada are also holding CopShop events this holiday season



ALY THOMSON  
halifax@metronews.ca

Some kids clapped and screamed when Santa arrived at the Halifax Shopping Centre on Wednesday, but eight-year-old Eric Robertson was more concerned about deciding what to buy his friend from school for Christmas.

"It was cool, but I know that wasn't the real Santa," said Eric with a smile just after sorting through a stocking brimming with candy and chocolate. "I'm just excit-

### Eric's haul

Some of the items eight-year-old Eric Robertson got:

- New winter coat
- Lego Star Wars
- Matchbox Cliff Hanger
- Gift for friend Dee Dee

### Quoted

"We see the real benefit of the event — we see the look on these kids' faces."

HRP Const. Matthew MacGillivray

ed to get a toy for my friend and for me."

Eric was one of 50 children paired up with members of the Halifax Regional Police on Wednesday to go shopping as part of the ninth annual CopShop program.

The children were herded to Sport Chek to pick up their free winter coats before embarking on the hour-long shopping session.

Each child was given a \$200 Halifax Shopping Centre gift card, as well as \$10 to buy a friend a gift.

Some uniformed members of the force traded in their cop caps for Santa hats, while others sported elf ears and Christmas-light necklaces.

Many children were armed with lengthy Christmas lists, but Eric's was simple: Lego Star Wars.

"That's really all I want," he said, clutching a box of Smarties.

Eric's personal shopper, Const. Matthew MacGillivray, said the event is an opportu-



Halifax Regional Police Const. Matthew MacGillivray, left, picks out some toys at Winners with Eric Robertson, 8, during the annual CopShop event on Wednesday. JEFF HARPER/METRO

ity to step outside the traditional role of a police officer.

"It's about showing the community that we're not just locking people up," said MacGillivray, who has par-

ticipated in seven CopShops over the years. "We're part of the community and we're going to do what we can to help the community."

"They really are wonder-

ful kids with great hearts."

Police Chief Jean-Michel Blais, who was affectionately introduced as the force's "chief elf," said the annual CopShop event marks the be-

ginning of the holiday season for Halifax Regional Police.

"I think it's a great event," Blais said in the mall's food court. "We are absolutely thrilled to be here."

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## Eskasoni. Nova Scotia man faces sex-assault, drug charges

Nova Scotia RCMP say a 35-year-old man will appear in court Thursday to face sex-assault and drug charges.

The Mounties say they received a complaint on Monday that a 13-year-old girl had been sexually assaulted in Eskasoni the previous night.

Police say they later arrested Justin Ryan Gould who faces charges of sexual interference, sexual assault and administer-

### In custody

Justin Ryan Gould remained in custody Wednesday.

ing a noxious substance.

Police say a search of an apartment in Eskasoni turned up quantities of marijuana and prescription pills along with some cash. **THE CANADIAN PRESS**

## Westville. Man gets three and a half years in federal prison for bank robbery

A 30-year-old Westville man was sentenced to three and half years in federal prison Wednesday after pleading guilty to an armed robbery at a local bank this past summer.

Darren Brent Snell was expected to stand trial on the charge, but changed his plea to guilty in Pictou provincial court

at the last minute.

The charge was laid in connection with a robbery at the Bank of Nova Scotia in Westville in August. An additional charge of breach of probation and wearing a mask with intent were stayed by the Crown in light of the guilty pleas.

**NEW GLASGOW NEWS**

## Dartmouth. Man facing charges after demanding drugs from pharmacy

Police say they have arrested a suspect in the robbery of a Dartmouth pharmacy on Thursday.

The robbery happened just before 2 p.m. Wednesday at the Lawtons at 6 Primrose St. when a man walked in, demanded prescription drugs from a worker and left with some drugs. He stated he had a firearm, but didn't produce it.

A 29-year-old man from the Dartmouth area was arrested without incident and is scheduled to appear in provincial court on Friday. **METRO**

### Charges

The suspect is facing robbery and weapon-related charges.

# Brazeau the journalist hits a career roadblock

**Denied.** Parliamentary press gallery president says suspended senator is ineligible for accreditation

Sen. Patrick Brazeau's fledgling career in political journalism looks to be in trouble.

The parliamentary press gallery in Ottawa has denied the suspended senator's bid for accreditation as a freelance reporter for Halifax-based Frank Magazine.

Press gallery president and Radio-Canada reporter Daniel Thibeault told The Canadian Press that Brazeau wasn't eligible for membership because he's still a senator.

"Sen. Brazeau is still a senator — he's still listed on the

The satire and gossip magazine said the senator would be a "pain in the arse" to his former Senate colleagues, who voted to suspend Brazeau and fellow ex-Conservative caucus members Mike Duffy and Pamela Wallin over their questionable expense claims.

The suspension from the upper chamber — which lets Brazeau keep his health, dental and life insurance benefits — is to last for the rest of the parliamentary session, which could continue for the next two years.

Freelance journalists must submit letters of assignment from two publications with their press gallery application. Thibeault said Brazeau had letters from Frank and The First Perspective, a publication which focuses on aboriginal news and views.

### Quoted

"I wanted to write about the news. Not make the news to be denied being able to write about it."

Sen. Patrick Brazeau, via Twitter

website, he still has access to benefits, he's still entitled to a pension, he hasn't resigned from the Senate, he was suspended and the suspension will be over as soon as there's a new session," Thibeault said.

"So we feel as an executive that it's incompatible. You can't be a senator and a member of the press gallery at the same time."

The Halifax edition of Frank caused a stir this month by announcing Brazeau would become its newest contributor.

Word that the press gallery had rejected Brazeau's application apparently caught the senator by surprise.

"News does travel fast, I wasn't even aware!" he tweeted.

It's not clear if Brazeau will still write for Frank. Managing editor Andrew Douglas has yet to return a telephone call, and Brazeau did not respond when asked the question on Twitter.

He has suggested he might appeal the decision.

**THE CANADIAN PRESS**



Suspended Sen. Patrick Brazeau applies for membership to the parliamentary press gallery in Ottawa last week. SEAN KILPATRICK/THE CANADIAN PRESS

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## Busted. Man running 'revenge porn' website charged with extortion

A San Diego man was charged Tuesday with operating a website that let people anonymously post explicit photographs of others so that he could extort hundreds of dollars from the victims.

Kevin Christopher Bollaert, 27, was arrested by California Department of Justice agents on 31 felony counts of conspiracy, identity theft and extortion.

Bollaert created the "revenge porn" website ugotposted.com a year ago, according to court documents. The site let users anonymously post more than 10,000 nude and explicit photographs of others without their permission.

Unlike other such sites, ugotposted.com required that the victim be identified by

name, age and other information, leading to the identity theft allegations.

Documents say Bollaert charged victims a fee ranging from \$249.99 to \$350 to remove the images, using emails sent through a second website, changemyreputation.com.

The department says Bollaert told investigators during the investigation that he received about \$900 each month from online advertising. However, the department said records from his changemyreputation.com PayPal account show that he received tens of thousands of dollars.

Both websites were inactive as of Tuesday. Bollaert's attorney did not return a telephone message seeking comment. **THE ASSOCIATED PRESS**

## Toronto. 79-year-old woman goes to court over census protest

A 79-year-old woman refusing to fill out the mandatory census in 2011 stood staunchly by her decision in court on Wednesday.

Janet Churnin has been charged with violating the Statistics Act and, if convicted, could face a \$500 fine and/or three months in jail.

At the heart of Churnin's reasoning lies defence company Lockheed Martin's involvement in the census process. Statistics Canada has said the government contracted Lockheed Martin to provide software for census operations in 2003, and used the custom-built systems for the 2006 and 2011 census.

Churnin worried information on Canada's population was at risk because she thought it could be accessed by Lockheed Martin, or even the U.S. government under its Patriot Act.

The Crown argued that Canadians cannot refuse to comply with legitimate government obligations on the basis of moral disapproval or speculative security fears.

Churnin said she wasn't opposed to collecting statistics in general but she doesn't want a U.S. company involved in data collection.

**THE CANADIAN PRESS**

### Cellphone etiquette

#### British PM claims selfie defence

British Prime Minister David Cameron said he was only being polite when he posed for a selfie photo at Nelson Mandela's memorial service — deflecting complaints that he was being disrespectful during the occasion.

Cameron joined Barack Obama and Danish Prime Minister Helle Thorning-Schmidt in the camera phone snap at the service in South Africa on Tuesday.

**THE ASSOCIATED PRESS**

### South Africa

#### Desmond Tutu's home robbed during memorial

Robbers hit retired Archbishop Desmond Tutu's home in Cape Town Tuesday — the same day the Nobel Peace Prize laureate spoke at the memorial service honouring his fellow anti-apartheid fighter Nelson Mandela in Johannesburg.

No arrests have been made so far, a police statement said.

**THE ASSOCIATED PRESS**

# Interpreter at Mandela memorial was a fraud

**Say what?** Advocates for the deaf say sign language interpreter was a faker who just waved his arms around meaninglessly

As one world leader after another took the stage in a gigantic soccer stadium to pay homage to Nelson Mandela in Soweto, South Africa, the man at arm's reach from them appeared to be interpreting for the deaf at the hours-long memorial.

The unidentified man, who stood about one metre from U.S. President Barack Obama and other leaders, "was moving his hands around but there was no meaning in what he used his hands for," Bruno Druchen, the Deaf Federation of South Africa's national director, said.

When South African Deputy President Cyril Ramaphosa told the crowd that former South African President F.W. de Klerk was among the guests in a VIP section, the man at his side used a strange pushing motion unknown in sign language that did not identify de Klerk or say anything about his presence in the stadium, said Ingrid Parkin, principal of the St. Vincent School for the Deaf in Johannesburg.

The closest the man's gestures at that point came to anything in sign language might possibly be the words for "running horse," "friend" or "beyond," she said, but only by someone who signs



U.S. President Barack Obama stands next to a fake sign language interpreter as he makes his speech at the memorial service for Nelson Mandela at the FNB Stadium in Soweto near Johannesburg on Tuesday. MATT DUNHAM/THE ASSOCIATED PRESS

terribly. The man also used virtually no facial expressions to convey the often emotional speeches of the leader, an absolute must for sign language interpreters, Parkin said.

Collins Chabane, one of South Africa's two presidency ministers, told reporters the government is investigating "alleged incorrect use of sign language at the National Memorial Service" and did not identify the man but added the "government will report publicly on any information it may establish."

Outraged deaf people and sign language interpreters from Canada to China have

complained about the man, Parkin said. "This man himself knows he cannot sign and he had the guts to stand on an international stage and do that," Parkin said. "It's absolutely impossible that he is any kind of interpreter. Or a language person at all, because he's not even using a language there."

The allegation of the use of a bogus sign interpreter was yet another example of bad organization at the service Tuesday. Other problems included breakdowns in public transportation that hindered mourners from getting to the soccer stadium and a faulty

audio system that made the remarks of world leaders inaudible for many. Police also failed to search the first wave of crowds who rushed inside the stadium after authorities opened the gates just after dawn.

**THE ASSOCIATED PRESS**

### Repeat offender

The man also did sign interpretation at an event last year that was attended by South African President Jacob Zuma.

# Future could be bright for would-be U.S. envoy to Canada

Bruce Heyman, a U.S. ambassador to Canada nominee, was spared hostile questioning Wednesday during his Senate confirmation hearing. By the time it was over, the committee chairman and Heyman were sharing chuckles about Old Saint Nick.

"You have displayed your diplomatic abilities in extraordinary fashion," Sen. Robert Menendez, the chairman of the

Senate Foreign Relations Committee, told the rookie diplomat.

This was after an exchange where he'd asked the nominee, tongue planted in cheek, whether an ongoing Arctic mapping project might result in Santa being declared a U.S. citizen.

Heyman's reply: the jolly North Pole resident is, in fact, a citizen of the world, and his

safety is guaranteed by a joint Canada-U.S. military initiative, Norad.

In his opening remarks, Heyman touted his family ties to Canada. The Goldman Sachs executive said his family bond is hardly unique and is just one example of the "countless links" that bind the countries.

Heyman's appointment had been rumoured for months but was one of many executive ap-

pointments held up in the Senate throughout 2013.

If the Senate Foreign Relations committee recommends the appointment, and it's then approved in a vote on the Senate floor, the Chicago investment banker and prominent Democratic party fundraiser will succeed another Chicagoan Democratic party fundraiser as the U.S. envoy to Ottawa.

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## Saudi Arabia. Women caught breaking driving ban detained by police

Saudi activists say police have detained two women in Riyadh caught breaking an official ban on females driving.

The activists say the women were stopped Wednesday afternoon and taken to a local police station where their male relatives were also called in.

Saudi activists launched a campaign starting last September renewing calls to allow women the right to drive in the conservative

kingdom. In recent situations where women were caught driving, their male relatives were asked to sign statements saying they would not allow the women to drive again.

The activists, who spoke on condition of anonymity out of concern for their security, say Wednesday's detentions are unique because the women have been detained hours longer than usual without being released.

THE ASSOCIATED PRESS

### Former Montreal mayor

## Applebaum fraud case put off until late January

A fraud case against Montreal's former interim mayor has been put off until late January because the Crown has more evidence to disclose.

Prosecutor Marie-Helene Giroux requested a delay in the proceedings Wednesday against various people, including ex-mayor Michael Applebaum and one-time Tory operative Saulie Zajdel.

Applebaum faces 14 charges, including fraud, conspiracy, breach of trust, and corruption in municipal affairs.

THE CANADIAN PRESS

### Oilsands

## Environmental group reapplies to speak to panel

An environmental group has reapplied to speak to an oilsands review panel after a court tossed out the Alberta government's attempt to block the organization.

The Alberta Oilsands Environmental Coalition is asking the province for a chance to appear at a regulatory hearing into a project proposed by Southern Pacific Resource Corp. to expand an oilsands facility northwest of Fort McMurray.

The group was denied that opportunity when it first asked for it in 2012.

THE CANADIAN PRESS



Liberal Leader Justin Trudeau takes part in an interview on Parliament Hill on Tuesday. SEAN KILPATRICK/THE CANADIAN PRESS

# Trudeau to keep on keeping it real

**'Trusting Canadians.'** Trudeau thinks Canadians will forgive the occasional foot-in-mouth moment

Justin Trudeau says he's not about to curtail his unscripted approach to politics in a bid to avoid making gaffes.

And he thinks Canadians

### Quoted

**"I think Canadians are tired of politicians that are spun and scripted within an inch of their life."**

Justin Trudeau, Leader of the federal Liberal Party

will forgive him the occasional foot in the mouth because they'd rather have a genuine politician who makes mistakes than someone who never errs by robotically recit-

ing carefully crafted talking points.

"I'm reassured that, yes, even though every now and then I give a little extra fodder to my opponents to try

and go after me, ultimately I'm right in trusting Canadians that they will understand that my focus is entirely on trying to serve them in the best and the realest way that I possibly can," the Liberal leader told The Canadian Press in a year-end interview.

Since taking the helm of the battered Liberal party in April, Trudeau has made his share of gaffes. THE CANADIAN PRESS

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# Vancouver proposes sending gay councillor to rep city in Sochi

## Winter Olympics.

Councillor says cities vying to host Olympics should create 'pride houses'

Vancouver, the host city that introduced the "Pride House" to the Olympics movement, could soon send its gay deputy mayor to Russia to fight against homophobia in sport.

City councillors are expected to endorse a resolution next week sending Coun. Tim Stevenson and two members of his Host City Pride House Mission Team to the 2014 Sochi Winter Olympics.

Once there, the team will ask officials with the International Olympic Committee (IOC) and International Paralympic Committee to include a non-discrimination clause for lesbian, gay, bisexual and transgendered people in the Games' charter and require future host cities to endorse pride houses



Openly gay Vancouver city councillor and deputy mayor Tim Stevenson speaks to reporters after it was announced Wednesday that he may represent the city at the 2014 Sochi Olympics. DARRYL DYCK/THE CANADIAN PRESS

es in their bids.

The trip would come about eight months after Russia passed a law that bans "propaganda of non-traditional sexual relations" and imposes fines on people who stage gay pride rallies.

"This isn't to challenge laws or to challenge the

authorities," Stevenson told reporters in Vancouver Wednesday.

Vancouver Mayor Gregor Robertson said he seconded Stevenson's motion and will back it when it comes before council. Stevenson said later that he didn't expect opposition from mem-

bers of council.

Robertson said the 2010 Winter Olympics in Vancouver featured the first pride house, which he called a safe place and resource centre for lesbian, gay, bisexual and transgendered athletes and spectators.

"We held Games that

welcomed the world," he said. "Regardless of race, gender or sexual orientation, everyone was included, everyone was welcome here. Sadly, as we are learning, this does not appear to be the case with the 2014 Sochi Winter Games."

THE CANADIAN PRESS

## Pride House

### What he hopes to do

"I am going to try to convince the IOC that they need to change.

"This isn't about trying to raise international incidents, and there will probably be others that may do that, I don't know, but good luck to them. But I want to go to make sure that we speak to the IOC and get them to understand how important it is to include sexual orientation in their charter and how important it is to have a safe house in every Olympics from here on in."

Stevenson said taxpayers won't foot the bill for the trip, adding the city has set up a trust account to pay for the travel expenses of the three-person team. He said it has already raised \$50,000 towards its \$100,000 goal.

THE CANADIAN PRESS

## 6-year-old suspended

### O, let me kiss that hand!

The suspension of a six-year-old boy for kissing a girl at school is raising questions about whether the peck should be considered sexual harassment.

The boy's mother said officials at Lincoln School of Science and Technology in Canon City, Colo., are overreacting. Jennifer Saunders said her son was suspended once before for kissing the girl and had other disciplinary problems.

First-grader Hunter Yelton said that he has a crush on a girl at school and she likes him back.

"It was during class, yeah. We were doing reading group, and I leaned over and kissed her on the hand. That's what happened," he said.

Saunders said she saw nothing wrong with her son's display of affection, and was shocked when the school's principal brought up the term "sexual harassment" in a meeting.

THE ASSOCIATED PRESS

## Arizona officer resigns after learning she's not American

A detective for Arizona's state police force has resigned following the discovery that she was living in the country illegally after being brought to the U.S. from Mexico by her family at a young age, the agency said Wednesday.

The former detective, Carmen Figueroa, apparently was told by her family that she was born in the U.S., though she was actually born in Sinaloa, Mexico, said Department of Public Safety spokesman Bart Graves.

Figueroa's status was discovered when the State Department processed a passport application submitted by her brother, who is serving in the U.S. military, Graves said.

Figueroa, 42, resigned Monday but would have been fired if she hadn't stepped down, Graves said. A criminal investigation continues, he said.

Arizona law requires sworn police officers to be U.S. citizens, and Graves said the state police agency would have terminated her for fraud and mis-



Former Arizona state police detective Carmen Figueroa. ARIZONA DEPARTMENT OF PUBLIC SAFETY/THE ASSOCIATED PRESS

representation for "not meeting the qualifications."

Figueroa was with the department for 10 years, most of that time as a Highway Patrol officer. She became a criminal investigations detective in 2010.

"She told us she was always under the impression through

her mother that she was born in this country, and she did not really find out until this summer ... that she was an illegal alien through, I believe, a confrontation with her mother," Graves said.

Figueroa "had an exemplary record" and the circumstances of her departure don't put any investigations or prosecutions at risk, Graves said.

According to Graves, Figueroa previously worked for the federal Bureau of Prisons as a secretary and for the court system as a secretary and an officer. When Figueroa was hired to the state police force, she submitted a birth certificate from Texas and a driver's licence and high school diploma from California, Graves said.

There was nothing suspicious at the time about the documents, but Graves declined to discuss whether authorities now question the legitimacy of any of the papers. THE ASSOCIATED PRESS



## Clashes in Kyiv escalate

A pro-European Union activist dressed as Santa Claus faces riot police at the barricade during confrontations in Independence Square in Kyiv, Ukraine, Wednesday. Security forces clashed with protesters as they began tearing down opposition barricades and tents. EFREM LUKATSKY/THE ASSOCIATED PRESS



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Offers available on all new 2014 models purchased through participating dealers to qualified retail customers who purchase a new vehicle between Dec. 1/2013 and Dec. 31/2013. Dealers may sell for less, some conditions may apply. Offers are subject to change without notice, see dealer for complete details. 2014 Outlander GT model as shown has an MSRP of \$35,990.00, 2014 RVR GT as shown has an MSRP of \$28,490.00, 2014 Mirage SE has an MSRP of \$16,590.00, 2014 Lancer SE has an MSRP of \$20,990.00, 2014 Lancer Evolution GSR has an MSRP of \$41,990.00, 2014 Lancer Sportback has an MSRP of \$21,990.00, 2014 Lancer Ralliart has an MSRP of \$32,390.00. These prices are excluding freight, p.d., all taxes, dealer fees up to \$599, registration, p.d.s fees, insurance, licensing and duties on new tires. All payments are based on 36 months amortization through Bank of Montreal @ 5.99 % O.A.C. Representative examples are 2014 Outlander ES 2wd (C45-41), 2014 RVR ES 2wd (C45-41), 2014 Mirage ES (C44-41), 2014 Lancer SE (C41-41), 2014 Lancer Evolution (C40-41), 2014 Lancer Sportback (C40-41), 2014 Lancer Ralliart (C41-41) and 2014 Lancer Sportback (C40-41). All payments are based on 2014 bi-weekly payments of \$184.37 / \$145.55 / \$99.02 / \$113.24 / \$287.72 / \$144.26 / \$229.56, with a base price of \$25,990.00 / \$19,990.00 / \$12,990.00 / \$14,990.00 / \$19,990.00 / \$32,390.00 (excluding all freight, p.d., all taxes, dealer fees up to \$599, registration, p.d.s fees, insurance, licensing and duties on new tires) with an all inclusive price of \$32,801.02 / \$25,901.02 / \$17,621.02 / \$20,311.02 / \$25,671.02 / \$40,851.02 (inclusive all freight, p.d., fees, taxes, and transfers) for a total cost of borrowing of \$5,312.54 / \$4,313.38 / \$2,975.34 / \$1,402.30 / \$8,644.34 / \$4,335.06 / \$6,897.46 and a total obligation of \$38,338.56 / \$30,234.40 / \$20,596.16 / \$23,553.52 / \$59,045.76 / \$38,006.08 / \$47,340.48. \*Outlander lease payment is based on the ES C45-41 model at 0.9% interest for 36 months with a residual value of \$11,439.12 plus taxes. \*\*Out from our toy chest and under your tree is a promotion exclusively from Metro Mitsubishi. (terms may vary by model, see dealer for details). \*\* Best backed claim does not cover Lancer Evolution, Lancer Ralliart or i-MiEV. \*\* MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. \*\*\* Whichever comes first. Regular maintenance not included. See dealer or [mitsubishi-motors.ca](http://mitsubishi-motors.ca) for warranty terms, restrictions and details. Not all customers will qualify.

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# The Metro Mitsubishi Post



Two Pages, Two Cents

December, 2013

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We were out drivin' and cruisin' around.  
Out in our Outlander, making some noise,  
When it began to snow, boys oh boys...  
t'was a blizzard like none before,  
and t'wasn't long, t'was at the door!  
We stuck the Outlander into "four wheel drive",  
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# Pilot worried over landing jet: Crash report

**Training queried.**  
Captain admits he had not studied auto-flight system well enough

The pilot whose Boeing 777 crashed last summer at the San Francisco airport told investigators he was "very concerned" about attempting a

visual approach without the runway's instrument landing aids, which were out of service because of construction, according to an investigative report released Wednesday.

Lee Kang Kuk, 46, was landing the big jet for his first time at San Francisco. The jet crash-landed after approaching too low and slow, killing three people and injuring more than 200, according to

the National Transportation Safety Board.

Though Lee was an experienced pilot with the Korea-based airline, he was a trainee captain in the 777, with less than 45 hours in the jet. He had not piloted an airliner into San Francisco since 2004, according to NTSB investigator Bill English.

So far, the investigation has not found any mechanical

problems with the 777 prior to impact, although testing is ongoing, English said.

Lee conceded he thought that the auto-throttle was supposed to prevent the jet from flying below minimum speed as it drew near the runway. But two other Asiana pilots said they were told the throttle hold did not automatically re-engage under certain modes. **THE ASSOCIATED PRESS**



Wreckage of the Asiana airplane that crashed in July at San Francisco's international airport. **THE ASSOCIATED PRESS FILE**

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**Frankfurt, Germany**

## Anne Frank tree stolen from school

German police say a sapling cloned from the tree that lifted Anne Frank's spirits while she hid from the Nazis in Amsterdam has been felled and stolen from outside a school in Frankfurt bearing the name of the Jewish teenage diarist.

The 2.5 metre tree was felled over the weekend in the grounds of the Anne Frank School.

The original chestnut tree blew over in a storm in 2010 but scores of cloned saplings have been planted around the world.

**THE ASSOCIATED PRESS**

**Hitler's Mein Kampf**

## Bavaria struggles to block book

Bavaria's state government says it will try to keep Adolf Hitler's Mein Kampf out of publication in Germany after the copyright expires in 2015.

Mein Kampf isn't banned in Germany, but Bavaria has used its ownership of the copyright to block publication.

The Bavarian governor's chief of staff said late Tuesday Hitler's anti-Semitic memoir amounts to incitement and the government will file a criminal complaint if anyone tries to publish it.

**THE ASSOCIATED PRESS**



## Torch bridges gap in Siberia

Olympic torch bearer Radomir Proshchenko climbs up to a bridge across the Tura River during the Olympic torch relay in Tyumen, western Siberia, Russia, Wednesday. The 65,000-kilometre Sochi torch relay, which started on Oct. 7, is the longest in Olympic history.

COURTESY OLYMPICTORCH2014.COM/THE ASSOCIATED PRESS





## Meat. FDA makes move to phase out use of some antibiotics in livestock

Citing a potential threat to public health, the U.S. Food and Drug Administration is taking steps toward phasing out the use of some antibiotics in animals processed for meat.

The agency has announced that it will ask pharmaceutical companies to voluntarily stop labelling drugs important for treating human infection as acceptable for growth promotion in animals.

If the companies sign on — and one major company has already said it will

### Protecting humans

The FDA move is designed to limit antibiotic-resistant diseases in humans. Repeated exposure to antibiotics can lead germs to become resistant to the drug so that it's no longer effective.

— using those antibiotics to promote growth in animals would be illegal.

THE ASSOCIATED PRESS

### London

## Two Damien Hirst artworks stolen

Two Damien Hirst artworks together valued at 33,000 pounds (\$57,000) have been stolen from a London art gallery, police said Wednesday.

The Metropolitan Police

said the two signed prints, Pyronin Y and Oleoylsarcosin, were taken from the Exhibitionist Gallery in west London in the early hours of Monday by a thief who forced the gallery doors. The works are among Hirst's series of Spot pieces, covered in multicoloured dots.

THE ASSOCIATED PRESS

# FDA denies approval for female sexual-desire drug

**Flibanserin.** Daily pill is designed to increase libido in women by acting on brain chemicals linked to mood and appetite

The multi-decade search for a pill that boosts sexual desire in women has hit another roadblock, raising questions about the future of efforts to develop a female equivalent to Viagra.

Sprout Pharmaceuticals said Wednesday it has reached an impasse with the Food and Drug Administration over its drug, flibanserin. The pill is designed to increase libido in women by acting on brain chemicals.

The FDA questions whether the drug's benefits outweigh its risks, considering its "modest" effectiveness and side effects including fatigue and nausea.

Sprout said it is appealing



In this photo, Cindy Whitehead holds a tablet of flibanserin in her office at Sprout Pharmaceuticals in Raleigh, N.C.

ALLEN G. BREED/THE ASSOCIATED PRESS

an October letter from the FDA that denied approval and asked for more information. But chances for approval appear slim: Of the 17 appeals FDA considered last year, 14 were denied, according to government figures.

The agency's latest rejection raises serious questions

for more than a half-dozen companies working to develop therapies for women who report stress due to lack of libido. It's a market drug makers have been trying to tap since the blockbuster success of Viagra, an erectile-dysfunction drug.

THE ASSOCIATED PRESS

### Quoted

**"A pill just doesn't take care of it."**

Dr. Virginia Sadock, psychiatrist, on the difficulties of treating female sexual dysfunction.

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# Ho! Ho! Ho! Hot!

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# Ho! Ho! Ho! Hot! DEALS @ METRO SUZUKI

metro

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NEWS

metronews.ca  
Thursday, December 12, 2013



Craig Kielburger leaves condolences for Nelson Mandela in South Africa.  
COURTESY MICHAEL RAJZMAN

## Let's start with your response to the massive memorial service you attended for Nelson Mandela.

The emotions that are running through me — I'd say one is gratitude for the role that he played as one of the great leaders in our world for human rights ... but also, I have a sense of responsibility and I hope everyone does feel a sense of responsibility, that the world was fortunate to see

## CRAIG KIELBURGER

As the world mourns Nelson Mandela, one of Canada's preeminent youth leaders, and co-founder of Free The Children, spoke with Metro Tuesday from Johannesburg after attending Mandela's memorial.

### "A SENSE OF JUST PROFOUND GRATITUDE."

someone like Mandela and now the question is, what will we do to live that legacy ... I'd say it's very much a sense of just profound gratitude.

#### How has Nelson Mandela helped shape Free The Children?

I had the pleasure to hear him speak in various capacities ... and once, very briefly meeting him, as did my brother — to ask him a question about his leadership philosophy ... he reflected on how he was as a young person, a shepherd or herder, and he learned

a lesson that forever stayed with him ... that you always had to stand in the back to make sure your sheep, or your goats, always got to where they were supposed to go — that they didn't wander off to the side ... that simple idea, the lessons that he taught — the humanity — is an amazing influence.

#### What was Mandela's impact on you?

Inspiring. I don't think there's any other word that one can use ... inspiring in what he represented, inspiring in how he carried himself, inspiring

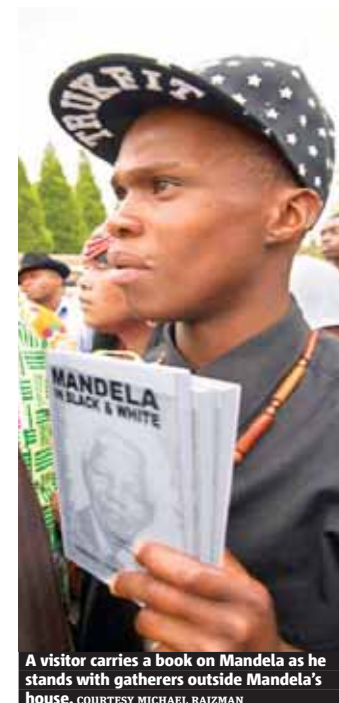
in his words — but mostly inspiring in his dreams ... That to lead, you must walk from behind and I think that speaks to the essence of who he was. A leader through-and-through, but someone who was so dedicated to making sure the most vulnerable always arrived.

#### How important is it that leaders are encouraging the world to model themselves after Mandela?

I hope that more world leaders would model themselves on Mandela. I think it's very easy to quote him, it's very difficult to model him ... if world leaders want to honour Mandela ... they can increase their foreign-aid commitments, they can promote service and volunteerism in their country, they can show that same compassion and forgiveness with some of the great intractable conflicts of our world — that would be a great way to honour Mandela.

#### What legacy do you think Mandela will leave behind?

I think legacy isn't something that he writes. In his time on this earth, he inspired us with his courage and his humanity and his willingness to forgive and his legacy will, ironically, be something we write ... the legacy is in our hands and I think we have an opportunity that we should not waste.  
MORGAN MODJESKI/METRO IN SASKATOON



A visitor carries a book on Mandela as he stands with gatherers outside Mandela's house. COURTESY MICHAEL RAJZMAN

### Dispatches from South Africa by Craig Kielburger

#### 1 Arrival. With a heavy heart

On Wednesday, I walked into the courtyard of the Union Buildings in Pretoria where, in 1994, Nelson Mandela was sworn in as the first democratically elected president of South Africa. I headed up a flight of stairs and stopped. It felt as though there was pressure on my chest, heaviness in my heart. I took a deep breath. I expected to see a closed casket and hadn't prepared to see his body. People are lining up for up to seven hours to pay their respects. Of course.

#### 2 Tribute. A sense of gratitude

I'm struck how a nation can come together for such an overwhelming tribute to Mandela, patriarch of this lush country once fractured by racism and hatred. These tributes extend beyond borders. I can't imagine another living person today, or in my lifetime, that could have such a unifying effect. Standing waist-deep in flowers left outside Mandela's house, sharing stories with his friends at a service, standing with South Africans to visit, I feel gratitude.

#### 3 Pride. A never-dying spirit

"For the spirit of Nelson Mandela, it was the right time for him to go because he had done everything humanly possible to change this country. His was a never-dying spirit that showed us anybody can become anything." — Sammy Ntimanem, 34, in the Union Buildings in Pretoria

#### 4 Hope. More than just a moment

"We have been friends and co-workers for eight years. We are very patriotic and support every event we can, from political, to sports, to moments like this. But this is more than just a moment. We came to the square to give tribute to the greatest man on Earth," said Esther Rubin, with Lilahloane Mokale in Nelson Mandela Square, Johannesburg. Added Mokale: "We love him so very much ... What we have is because of him. I hope we can go on without him."

#### 5 Remember. For the next generation

"I so want my daughter to remember this day. That's why I have her here. As she grows up I will keep telling her stories about apartheid and how it was before in this country." — Monica Ntimana, 29, with Grace, five months



#### Work continues

## 100

At Free The Children, we are adding our voice to the tributes to Mandela. Our organization, along with Canadian schoolchildren, is building 100 schools in Africa. Mandela once said: "Education is the most powerful weapon which you can use to change the world."

PHOTOS COURTESY MICHAEL RAJZMAN



# You've got snail mail ... at the community box

## Five-stage plan.

In a bid to save up to \$900M a year, Canada Post will phase out door-to-door service

Canada Post is making dramatic changes to its mail services beginning next year, part of a new plan that will see door-to-door delivery phased out and postage stamp prices soar.

While some community organizations are rattled and the postal union is rallying to protect thousands of jobs, the news may barely interrupt the tweets and texts of most Canadians.

Rapid technology changes have reduced Canadians' reliance on the postal service,



The familiar sight of mailmen is set to become a distant memory.  
THE CANADIAN PRESS

making the traditional daily check for the letter drop almost unnecessary in 2013. Bill payments are made online, couriers deliver parcels and, at this

time of year, email inboxes are more likely than mailboxes to be overflowing with Christmas greetings.

The financial situation for Canada Post has been bad for years as the Crown corporation tried to maintain a profitable business processing fewer letters, even as the number of Canadian addresses grows by about 200,000 locations each year.

On Wednesday, Canada Post unveiled a five-stage plan that will help save up to \$900 million a year. The federal Crown corporation plans to phase out home delivery within the next five years by replacing delivery on foot with community mail boxes, raise postal rates and cut thousands of jobs.

THE CANADIAN PRESS



## Pope named person of 2013

Time magazine selected Pope Francis as its Person of the Year on Wednesday, saying the Catholic Church's new leader has changed the perception of the 2,000-year-old institution in an extraordinary way in a short time.

THE ASSOCIATED PRESS

### Not an effective strategy

## On LinkedIn? Nix 'responsible' from your profile

Responsible is the No. 1 most overused buzzword on LinkedIn profiles in Canada, and globally, in 2013. The professional networking site also named "strategic," "effective" and "creative" on this year's Top 10 list of overused words on business profiles. **THE CANADIAN PRESS**

### Market Minute



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**TSX**  
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**Natural gas:** \$4.34 US (+0.09)  
**Dow Jones:** 15,843.53 (-129.60)

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## MAINTENANCE AND MINOR IMPROVEMENT SERVICES ON MARRIED MILITARY QUARTERS AT CFB HALIFAX, NOVA SCOTIA

As a Special Operating Agency of the Department of National Defence (DND), the Canadian Forces Housing Agency (CFHA) is responsible for managing DND family housing, including the provision of maintenance and minor improvement services.

Defence Construction Canada (DCC), on behalf of the CFHA is calling for the submission of tenders for maintenance and minor improvement work on family housing units at CFB Halifax, Nova Scotia. The work will be done under Standing Offer (SO) on an "as requested" basis. The SOs will be in place from April 1, 2014 to March 31, 2016.

This SO will be established for maintenance and minor improvement work in the in the following trades: Cleaning, Landscaping, Grass Cutting, Snow Removal, Pest Control, Electrical, HVAC, Plumbing, Flooring, and Painting. Firms that consider themselves qualified to provide residential housing maintenance and minor improvement services are invited to contact DCC at Tel: (902) 426-0087.

Those wishing to obtain the tender documents for providing any of the packaged residential housing maintenance and minor improvement services must place an order with MERX by logging on their website: [www.merx.com](http://www.merx.com) or by calling 1 (800) 964-MERX (6379).

THE TENDER DOCUMENTS WILL BE AVAILABLE ONLY THROUGH MERX DISTRIBUTION.

The tender closing date is: 8 January 2014 for all packaged services projects

The tender closing time is: 14:00 hours, local time, for all packaged services projects

Sealed tenders will be received at the following location:

Defence Construction Canada  
Atlantic Regional Office  
Royal Bank Building  
1597 Bedford Highway Suite 202  
Bedford NS  
B4A 1E7

Fax No.: (902) 426-8342



# IT'S CHILLY — NOT THE TASTY TYPE

Lo and be cold, it's that time of year again in Canada.

When I watch the morning forecast, some of the temperatures are best measured in Kelvin: "It will be Absolute Zero in Regina, but with the wind chill it will feel like we've passed beyond our understanding of thermodynamics, so bundle up!"

As I walk to work, my palm burns from my morning coffee but the back of my hand freezes from the coffee dripping. (In all things, moderation.)

And at work, I waste my time with YouTube videos illustrating that household pets, if tossed into the frigid air, will disintegrate into snow before they hit the ground.

N-n-n-not to put too f-f-f-fine a point on it, but it's c-c-c-cold.

It's all relative, of course — an Edmontonian accustomed to -25 C might hallucinate in the balmy -8 C of Toronto and imagine oases in the distance, frozen solid and covered in sexy skaters. Yet



**HE SAYS**  
**John Mazerolle**  
metronews.ca

a friend of mine who's moved to Toronto from Vancouver was lost when she was told T.O. gets "twice as cold" as it is now.

"I don't even know what that means," she said, like somebody who'd been told they'll be murdered on Tuesday and again on Thursday.

My point being, it's best we set aside our regional differences and accept that the whole nation is a frigid wasteland — No Country for Cold Men.

Beer commercials to the contrary, most Canadian adults cower inside all winter. And when youth do go outside it results in all matter of deformities: Swollen ears and tongues stuck to metal and faces frozen solid. I once froze up so badly while waiting for a school bus that even when laughing I couldn't smile, leaving all my

classmates in hysterics and providing an early cautionary tale about the dangers of Botox.

With these extreme dangers frozen in our minds, here are seven tips for any extreme-cold emergencies this winter:

1) Your home and car should have an emergency kit that includes: Warm water; Super Inferno Cinnamon Gum; one pack of erotic playing cards; a watch that runs on the cold; marshmallows; a magic hat for snowman sentence creation; plane tickets to some place warmer.

2) When lighting that furniture-fuelled bonfire in your living room, only use clean-burning natural gas.

3) Leaving your car running all winter will make those morning commutes comfy while speeding up global warming.

4) Soak wool in warm water before heading out.

5) To keep your kids warm, put all of them in the same adult-sized snowsuit and have them walk in tandem, imitating a full-sized person. Cartoon capering is also great exercise.

6) Remember to swing open your door every 10 minutes or so to see if it's gotten any warmer outside.

7) Find out what Calgary Mayor Naheed Nenshi's doing. He's got this.

And those are my tips. Careful you don't freeze them right off. A friendly reminder: While I've made light of the chill, hypothermia and frostbite are no laughing matter. Or maybe they are. It's so hard to tell with our faces frozen like this.

## ZOOM

# War, from a kid's perspective



COURTESY BRIAN MCCARTY

## Photographer captures a feeling

This shot of toy missiles heading for a doll's house isn't meant for playtime — it's how a child sees war. The striking image by Hollywood photographer Brian McCarty features in his War-Toys project, which explores how conflict is perceived through the eyes of kids caught up in war and violence across the Middle East. **METRO**

## Q and A

## Toys make sense of it all



**BRIAN MCCARTY**  
Photographer/artist,  
39, based in West  
Hollywood, Calif.

**What's your project about?**  
Starting back in 2011, I travelled to Israel and the Palestinian Territories to

explore war from the perspective of children. I visited humanitarian organizations where children were invited to draw pictures about their lives. The resulting illustrations served as the basis for my photographs.

**Why did you use toys?**  
As children, toys became surrogates through which we acted out aspects of the

world around us. Our play allowed us to organically deconstruct what it meant to be human and digest large concepts in smaller bites. War is so dehumanizing and outside normal reality that, even as adults, we need toys to make sense of it. We need the distance provided by these plastic totems to begin seeing the actual horrors without being made numb.

## Clickbait



**LUKE SIMCOE**  
Metro Online

The digital equivalent of a rotoscope, animated GIFs are one of the oldest image formats used on the web. Invented in the 1980s, the humble GIF has since become a staple of online culture. Easy to make and even easier to share, they're the perfect platform for everything from humour to art. Most image-editing programs can make GIFs, but here are a few apps that simplify the process. Happy GIFing! Just don't get me started on how it's pronounced.



CONTRIBUTED

## GifBoom:

Available on both Android and iOS, GifBoom is considered the Instagram of mobile GIF-making apps. The social features are largely optional, but the built-in GIF-maker is intuitive and lets you do things like add filters or sound.

## Cinemagram:

Another cross-platform smartphone app, Cinemagram veers towards creating GIFs out of video footage. The app's appeal lies in its masking function, which allows you to select which parts of a frame are animated.

## ImgFlip:

If you want to be old fashioned and make GIFs in your web browser, ImgFlip is one of the more full-featured sites. It lets you build GIFs out of either video or pictures, and includes a decent suite of editing tools.

## Twitter



**@willems\_steph:** Frozen food delivery receptacle.

**@metropicks asked:** The home mailbox will be obsolete as @canadapostcorp ends urban delivery. What's the best way to repurpose a mailbox?

**@draxapup:** flower pot on every front stoop

**@Canucklehead\_ca:** 1) Print & delete emails. 2) Place in mailbox. 3) Take out & reply (via email) to each. (Will require retyping original email.)

**Follow @metropicks and take part in our daily poll.**

**WE WANT TO HEAR FROM YOU:**  
Send us your comments: [halifaxletters@metronews.ca](mailto:halifaxletters@metronews.ca)





The Toronto folk duo of July Talk, Peter Dreimanis and Leah Fay. CONTRIBUTED

# Talking about July in December

**Local music show.** July Talk has that nervous excited feeling about bringing its musical senses to Halifax and the two shows they'll be playing here



**BACKSTAGE PASS**  
Jenna Conter  
halifax@metronews.ca

Right place, right time.

For Peter Dreimanis it was a dimly-lit bar in Toronto. The story goes that after the stage had cleared and the majority of patrons had departed, so

circulated a beaten up acoustic guitar. Around it went from one person to another until it landed in the hands of Leah Fay. It was late. He was tired. But Dreimanis knew he had found something special in the voice of Fay.

Fay found herself in this bar by way of her folk duo. Her story begins at age 10 when she first discovered the guitar. Fast-forward to university where art and dance became her form of expression. After a bad break up, Fay put pen to paper and wrote it out in song.

Clichéd perhaps but if it weren't for that evening, she would never have met the other half of what would become the lead singers for July Talk.

## Show details

### What you need to know

- **What?** July Talk
- **When?** Saturday, 2:30 p.m., The Carleton (all ages); Saturday, 9 p.m. Seahorse Tavern (sold-out).
- **Ticket prices?** \$12.50 advance, \$15 at the door

"Peter and I both felt pretty serious about getting together to play music and very quickly it became obvious that this needed to be a five-piece band and it went from there," said Fay,

who along with Peter and the band will play two shows in Halifax Saturday, including for the first time at the Seahorse Tavern for a sold-out show at 9 p.m.

As a member of the aforementioned folk duo, Fay placed little faith in her own vocal and musical talent preferring instead to focus on the performance and connection with the audience — regardless of how raw and unnerving. Dressing up in costumes, utilizing found objects such as cutlery for percussion instruments — this was more for the experience shared than the music made.

"I think there is a lot that can be done with some structure musically but also a lot can be done by the way things

are delivered," she said. "Both Peter and I are more interested in manipulating a listener—using pure performance techniques apposed to getting a point across or beating a dead horse with overly emotional content."

Continuing to tour their self-titled first album, transposing their live act to disc has been deemed a success.

Bringing it back to Halifax, Fay beams with nervous excitement.

"I always get really nervous before Halifax shows — there's no reason — just certain cities where you really want to impress people make me think 'I'm either going to die, or I'm going to get through this.' I'm sure it'll be fine."

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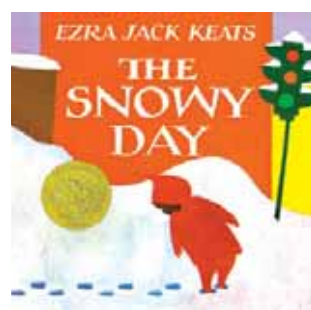
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See in-store for details.

# Book in some holiday reading time

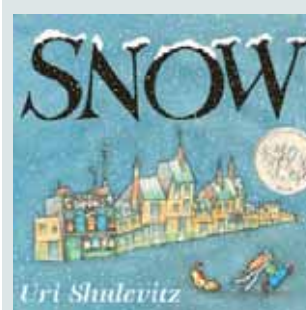
Brrrr. It's time for all good children to curl up with a good book featuring snow. Here are six to get you started or pass on to gifters.

THE ASSOCIATED PRESS



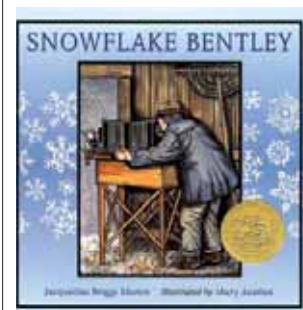
## The Snowy Day — Ezra Jack Keats

Reprint edition from Puffin. This 1963 Caldecott Medal winner is the tranquil story of a city boy named Peter who bundles up for crunchy outdoor adventures after discovering it snowed overnight. Cutouts, watercolours and the Brooklyn-born creator's classic collage work. It's considered the first full-colour picture book to feature an African-American protagonist.



## Snow — Uri Shulevitz

Reprint edition from Square Fish. First out in 1998. A hopeful "boy with dog" lives in a great, grey city inhabited by doubtful grown-ups transformed with the season's first snowflake. It earned Shulevitz, who survived the bombing of Warsaw as a boy, a Caldecott Honor and may be just the thing to cheer up a modern-day "grandfather with beard" who utters: "It's only a snowflake."



## Snowflake Bentley — Jacqueline Briggs Martin

Reprint edition from HMH Books for Young Readers. Another Caldecott Medal winner, this one was also first published in 1998. It tells the story of Vermont's Wilson "Snowflake" Bentley, a self-educated farmer who combined a microscope and an old bellows camera to become the first person to photograph a single snow crystal in 1885.



## The Snow Queen — Hans Christian Andersen

Illustrated by Bagram Ibatouline, from Harper. The black crow and troll practically jump off the page in detailed, lifelike drawings by the Russian-born artist. The queen, with winged headpiece and icy eyes, lures young Kai to her frozen castle, where he nearly perishes from cold until his rescue by childhood friend Gerda.



## Big Snow — Jonathan Bean

From Farrar Straus Giroux. Big Snow tells the story of an antsy young boy who awaits a big snowstorm. Botching chores with his mother when changing bedsheets, fluffy flour for cookies and sudsy soap bubbles while cleaning the bathroom lead him into a blizzard dream at naptime.



## When it Snows — Richard Collingridge

From Feiwel and Friends. A picture book debut that features not only an eerie ode to mega-snow and various large icy creatures, but also a good word at the end for reading itself.





Kate Winslet ALL IMAGES GETTY

## It's only baby Rocknroll but mommy Kate likes him, likes him, yes she does

Kate Winslet is a new mom once again. The Oscar winner gave birth to a son, her first kid with new husband Ned Rocknroll, Saturday in the U.K., her rep confirms to People magazine. "Baby and mother are doing great," her rep says,

though more information about the boy — including his name — wasn't disclosed. Winslet also has a daughter, Mia, from her marriage to Jim Threapleton and a son, Joe, with second husband Sam Mendes.

# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

### The Word



## Streisand acts as catalyst for amicable Lane and Brolin split

Diane Lane orchestrated a fairly smooth split from ex-husband Josh Brolin thanks reportedly in large part to an unlikely ally: Brolin's stepmother, Barbra Streisand. "She made it clear she would help Diane get everything she needed in her split from her own husband's son," a source tells Radar Online. "Barbra made it

clear the divorce needed to go smoothly for the sake of the kids." Things went so smoothly, in fact, that Brolin reportedly turned down an offer to play Batman in the upcoming Man of Steel sequel because Lane will be reprising her role as Clark Kent's mother. "He didn't want to make Diane uncomfortable," the source says. "They're really going to be fine as a divorced couple. Josh admits he's too much of a 'bad boy' to be married to one woman, and Diane and Barbra and even his father James Brolin agree completely."



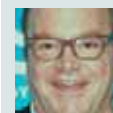
### Twitter



@ElizabethHurley  
Pea soup in London today.



@josswhedon  
Movies teach us that a man with daddy issues is a HERO and a man with mommy issues is a sexually dysfunctional serial killer.



@TomArnold  
I've officially lost 80 pounds. Now even my gay friends are complimenting me.



Demi Moore

## Broken-hearted Moore ringing in the changes

Now that her divorce from Ashton Kutcher is finalized, Demi Moore is reportedly rushing to erase anything that reminds her of him

from her life — including the engagement ring he got her, which she quietly sold recently, according to Star magazine. "Ashton broke her heart," a source says. "Anything that reminds her of him makes her sad, and she wants to be happy." Moore sold the five-carat, emerald-cut anonymously on consignment for \$250,000, the source claims.

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## Trends Report

Joseph Nogucci is an up-and-coming Canadian fashion accessories brand built by Toronto architecture and engineering students, Mario Christian and Luca Daniel. Go online to Trends Report to read about how the duo transformed sketches that were meant for buildings into designs for bracelets and beads.

Follow Irene on twitter @MetrolreneK or Instagram: kuanirene

www.metronews.ca/voices/trends-report



## The year in colour

## Orchid is growing on us

Radiant Orchid, a version of the purple hue is Pantone Inc.'s colour of the year for 2014. It follows this year's pick of emerald green.

Officially known as Radiant Orchid, the tropical shade is a colour-wheel contrast to green, said Leatrice Eiseman, executive director of the Pantone Color Institute. "It's a little different, it's a little off the beaten path, and it's not a primary colour," she explains. "It's an invitation to innovation." **THE ASSOCIATED PRESS**



# Alice Smith doesn't 'speak makeup'

## Natural woman.

The soul singer loves her beauty products — she just doesn't always like wearing them. She tells us about her Ramona Quimby hair and her trick to never waking up with dry skin (hint: it rhymes with sheep).

ROMINA  
McGUINNESS  
Metro World News

Alice Smith's deep lyrical voice is so soothing it could almost put you to sleep. Luckily, the one-time Grammy-nominee won't take offence if you do. Why? Because she believes that sleep is nature's way of helping you look pretty and fresh faced.

"Eye bags are a sign that you either need to take a break or go to sleep. So if I'm working late one night, I just make sure I drink a lot of water and go straight to bed. That's it," she explains from her home in Brooklyn. And for those rare moments when shut-eye isn't enough? "In that case I'll use a little bit of MAC Studio Finish Concealer," she adds.



Alice Smith's second album *She* was released in March. ALEX ELENA

## Letting her skin make its own oil

"I wash my face with Sothys Cleansing Cream twice a day, and in the morning I follow up with their Hydradance Light Hydrating Cream. I don't put anything on at night because that's when your skin is busy working and making oil. You just have to make sure you use really good stuff. So far, I've never woken up with dry skin. I also see my facialist, Mamie McDonald, about once every six

weeks and she just does what she needs to do. I always leave with a really clean face!"

## Not needing foundation — ever

"I love makeup, but I don't speak makeup. I don't wear a lot of it because it's not good for your complexion. But if I feel a little washed out, I'll do my eyebrows up a little and put some mascara on. But I never wear foundation — ever. Definitely not when I'm on stage. I want to be able to touch my face and it's not like

I'm a big sweater, but I might sweat. So I just don't see the point. When I'm performing, I stick to brows, lashes and lips. I love a burnt sienna lipstick but you have to be really feeling it to pull such a bold colour off. And I always carry a tin of Burt's Bees Beeswax Lip Balm with me."

## Her 'Ramona Quimby' hair

"I used to dye my hair in college and it was like orange! I

don't think it was meant to be that colour...but I liked it. I had a fringe and a short bob, which made me look like Ramona Quimby! I'd love to dye my hair again but I think I'm just afraid of how it would turn out."

## Her new album *She* and making it through the music industry unscathed

"It feels like a lifetime ago that I released my first album but I've always had a lot of support. My family and my friends have always been there for me. I'm not any different. I think I'm just older. I have a three-year-old daughter now, and she's made me re-evaluate and re-examine who I am and who I need to be. For me it's about what kind of person I'm trying to encourage her to be — how to be successful, how to care for herself. And because the only way to teach things is to show, I need to be able to show her how to do all that."

## Her beauty icons

"I love Sade...I've always thought she was so beautiful."

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# Critters all through the house

Pawed, clawed, tailed, scaled, beaked, snouted, winged and web-footed: Animals are a delight at any time of year, but what better season than Christmas to have a merry menagerie about? Add creatures big and small to your holiday decor scheme, or give a gilded beast as a gift. This year, it's a snap to source your choice of fauna in two favourite finishes, white or gold.



**DESIGN CENTRE**  
Karl Lohnes  
home@metronews.ca



Create wintery-wild drinks with this Polar Bear Cocktail Shaker, \$92, potterybarn.com.

From the designer's debut collection of animal curiosities, Kate Spade New York's Woodland Park Cat/Dog Salt & Pepper Set, \$30, thebay.com.



Ommm... with the right pose and a trendy gold finish, I get a good vibe from this guy. Yoga Frog, \$40, pier1.com.



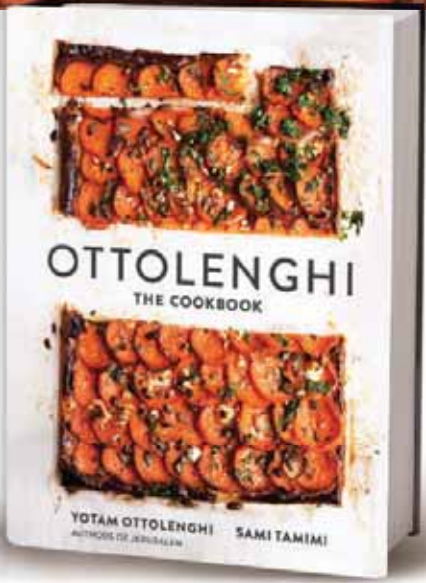
Adorable and shiny, this bear keeps your coins safe. Sleeping Bear Bank, \$18 US, urbanoutfitters.com.



Who wants light? Owl Glow Lamp, \$39, urbanbarn.com.



Add some fine swine style to your bookcases. Gold Pig Bookends, \$35, cb2.com.



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BONNIE STERN, food columnist and author of *Friday Night Dinners*



# Take it back to historic foodie basics

## Mackereons



This recipe makes 80 mackereons. ALL IMAGES: PAT CROCKER, FROM SETTING A FINE TABLE: HISTORICAL DESSERTS AND DRINKS FROM THE OFFICERS' KITCHENS AT FORT YORK (WHITECAP BOOKS)

"Today, mackereons (now spelled macaroons) are a meringue made with coconut, but until the mid-19th century they contained finely chopped or pounded sweet almonds," notes Setting A Fine Table. "Recipes for mackereons appeared frequently in 17th- and 18th-century cookery books, with varying ratios of sugar to egg whites. Mackereons were served with wines and liqueurs, or were crushed and layered in trifles or with syllabubs and creams."

"Orange blossom water and rosewater, both made by steeping the flower blossoms in brandy or distilled water, were characteristic flavourings for this biscuit (cookie)."

"Musk, another popular flavouring, is an aromatic substance produced by the male musk-deer. It is still an important ingredient in perfumery, but is no longer considered edible."

"By the mid-19th century, vanilla had displaced these flavourings."

### Historic recipe

1. Take a pound of almonds, let them be scalded, blanched, and

### Modern Ingredients

- 3 cups (750 ml) whole blanched almonds
- 4 medium egg whites (1/2 cup/125 ml)

- 2 tsp (10 ml) orange flower water
- 2 cups (500 ml) superfine granulated sugar

thrown into cold water, then dry them in a cloth, and pound them in a mortar, moisten them with orange-flower water, or with the white of an egg, lest they turn to oil; afterwards, take an equal quantity of fine powder sugar, with three or four whites of eggs, and a little musk, beat all well together, and shape them on wafer-paper, with a spoon round; bake them in a gentle oven on tin plates. **THE ART OF COOKERY MADE PLAIN AND EASY (HANNAH GLASSE, 1796)**

### Modern Equivalent

1. Line 2 rimless baking sheets with parchment paper.

2. In a food processor, chop the almonds, scraping down the sides of the bowl from time to time, until they are the consistency of very coarse sand with some slightly larger pieces. Set aside.

3. In a separate large bowl, beat the egg whites with the orange flower water until soft peaks form. Add the sugar about 2 tbsp (30 ml) at a time, beating until stiff peaks form. Sprinkle the chopped almonds over the egg white mixture and fold in to distribute evenly.

4. Drop by rounded teaspoonfuls (6 ml) about 1 inch (2.5 cm) apart onto the prepared baking sheets. Bake in the centre of a 325 F (160 C) oven until they are dry to the touch, but still white, and lift easily off the parchment paper, about 12 to 15 minutes.

5. Let cool on the pans on a rack.

**RECIPES EXCERPTED FROM SETTING A FINE TABLE: HISTORICAL DESSERTS AND DRINKS FROM THE OFFICERS' KITCHENS AT FORT YORK" (WHITECAP BOOKS) EDITED BY ELIZABETH BAIRD AND BRIDGET WRANICH**

## Cookbook of the Week

### Travel back in time to update classics



Toronto's Fort York is seeped in history but often overlooked is the food element of the times.

Edited by Elizabeth Baird and Bridget Wranich, Setting a Fine Table is a selection of recipes from Fort York.

The dishes, from the officers' kitchen in the Fort, take readers back to a time when food was not only made locally, but found locally — off the land. The 30 recipes include the original, historic recipe as well as its modern equivalent.

METRO

# Derby or short cakes — two names, one distinct flavour

"Derby (pronounced DAR-bee) is a small city in the East Midlands, England. Derby cakes (or short cakes) are one of many examples of regional griddle cakes found throughout the British Isles. Since the Middle Ages, bakers have used the term 'short' to mean a dough with a high ratio of fat to flour so that the resulting baked

cakes are crumbly and tender," notes A Fine Table.

### Historic recipe

1. Rub one pound of butter into two pounds of sifted flour, put one pound of currants, one pound of sugar, mix all together with half a pint of milk, one egg, two teaspoonfuls of pearl-ash, roll it out thin; cut it in

round cakes and bake them. **FROM THE COOK NOT MAD; OR, RATIONAL COOKERY (ANONYMOUS, 1831)**

### Modern Equivalent

1. Soak the currants in hot water for 5 minutes. Drain and spread out to dry on a towel-lined tray, about 15 minutes.

2. In a large bowl, whisk

together the flour and baking soda. Using a pastry blender or your fingertips, work the butter into the dry ingredients until the mixture resembles fresh breadcrumbs. Mix in the sugar and the currants.

3. Whisk together the egg yolk and milk. Make a well in the centre of the dry ingredients and pour in the milk mixture. With a fork, combine all the ingredients to make a soft, but not sticky, dough. Dust your hands with flour if necessary to handle the dough easily. Divide the dough in half. Place a bowl over one half of the dough while you are working with the



This recipe makes 45 cakes.

other.

4. On a well-floured work surface, roll out the dough, one half at a time, to a scant 1/4-inch (6 mm) thickness. Use a 2 1/2-inch (6 cm) cutter to cut out rounds, dipping the cutter into flour if necessary to prevent sticking. Reroll the scraps to make more rounds.

5. Bake on a griddle or cast iron skillet over medium-low to medium heat until golden on the bottom, about 5 minutes. Bake on the second side until golden and the cakes are cooked through, about 4 min-

### Modern Ingredients

- 1 cup (250 ml) currants
- 3 1/2 cups (875 ml) all-purpose flour
- 1 tsp (5 ml) baking soda
- 1 cup (250 ml) unsalted butter, cubed
- 1 cup (250 ml) granulated sugar
- 1 medium egg yolk
- 1/2 cup (125 ml) whole milk

utes. Keep the heat moderate or the outside of the Derby Cakes will darken or burn before the insides are cooked.

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# All I want for Christmas



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The world's smallest Micro Four Thirds camera to date. Fashionable design, yet loaded with features. Budding photographers will love the intelligent assistance that will help you take the perfect photo, while experienced shutterbugs can take advantage of full manual controls. Built-in Wi-Fi makes sharing those memories even easier.

HP Envy Recline 23 All-in-One PC — \$1,350 US, clockwise, from bottom, Samsung Galaxy Note 3 — \$699 (no contract), Dyson Hard — \$349.99, and Sony 4K Ultra HD TV — \$4,499.99.

Using dual suction channels, it sucks up debris as it removes grime using a wet wipe in a single action. Wet wipes are sold separately.

**HP Envy Recline 23 All-in-One PC — \$1,350 US**  
Use it like a regular desktop PC in the upright position, or recline the monitor flat and use it as a large tablet. The 10-point touch-screen ensures you will get the most out of Windows 8 while the integrated Beats Audio

## Samsung Galaxy Gear — \$329.99

Wearable technology is finally here. Pair it with select Samsung smartphones to receive notifications of incoming emails and texts. Make phone calls from your watch or snap pictures and record video with the built-in camera.

## Dyson Hard — \$349.99

Vacuums may not seem like a great gift, but this vacuum breaks all the rules. This high-tech, cordless Dyson Hard is specifically designed for cleaning hard flooring.

## Sony 4K Ultra HD TV — \$4,499.99

Help someone build the ultimate man cave with Sony's latest television that boasts four times the resolution of HD TV. This TV up-converts HD video into 4K resolution, which is handy since true 4K content is quite limited. Gamers will love the feature that allows two player games with no split screen. You can also control this TV with your smartphone.



MIKE YAWNEY  
For Metro

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# Holiday gift guide

13 shopping days left

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# Festive flair



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get, target.ca.



Fluffy Owl Orna-  
ment, \$5, available  
at Canadian Tire,  
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Wood Nutcracker  
Centrepiece, \$3.99,  
available at Target,  
target.ca.



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Tire, canadiantire.ca.



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Adidas by Stella McCartney Quarter-Zip Run Performance Hoodie, \$120, available at [Sporting Life, sportinglife.ca](http://SportingLife.sportinglife.ca).



Under Armour ColdGear Infrared Fader Pant, \$174.99, available at [underarmour.com](http://underarmour.com).



Lole Lozere Tank Top, \$50, available at [Sporting Life, sportinglife.ca](http://SportingLife.sportinglife.ca).



Lululemon Practice Daily Pant, \$98, available at [Lululemon, lululemon.com](http://Lululemon.lululemon.com).



Under Armour ColdGear Infrared Cleopatra Jacket, \$314.99, available at [Underarmour.com](http://Underarmour.com).



Lululemon Sweat Once a Day Bag, \$128, available at [Lululemon, lululemon.com](http://Lululemon.lululemon.com).

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**HOLIDAY SALE: \$149<sup>99</sup>**  
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Mastercraft Multi-Purpose Tool Set and Bag, \$66.99, available at Canadian Tire, [canadiantire.ca](http://canadiantire.ca).

# Holiday handymen



Stanley Heavy-duty black plastic tool box, \$29.99-\$31.99, available at RONA stores, [rona.ca](http://rona.ca).



DeWalt 10 Amp Reciprocating Saw, \$119, available at Home Depot, [homedepot.ca](http://homedepot.ca).

Black & Decker Matrix System, \$99 for the 12V battery version, available at Canadian Tire, [canadiantire.ca](http://canadiantire.ca).







# THINKING OF OTHERS

SUBBOTINA ANNA/SHUTTERSTOCK

With the holiday countdown underway and many shoppers piling into stores for their holiday shopping, a sizable portion of Canadians are indicating that they don't have anything on their Christmas

wish list, according to a new survey conducted by Ipsos Reid on behalf of The World Vision Gift Catalogue.

Half (48 per cent) of Canadians say there isn't something they "want" for

Christmas, while the remaining half (52 per cent) state there is something they "want."

While wanting something in particular is one thing, fewer Canadians indicate that there is something specific they need.

The majority (61 per cent) state there is nothing they "need" for Christmas, while fewer than two in five (39 per cent) say there is something they "need."

The data also reveal that most Canadians think more about those in need around the holiday season and that a majority of Canadians would rather receive a gift that benefits the less fortunate, rather than benefitting themselves.

Three in four (76 per cent) "agree" (28 per cent strongly, 48 per cent somewhat) that they would rather receive a gift that helps someone in need, rather than one that helps themselves, with one in four (24 per cent) "disagreeing" (four per cent strongly, 20 per cent somewhat).

Four in five (80 per cent) "agree" (37 per cent strongly, 44 per cent somewhat) that they would actually rather receive no gift at all than receive one they don't need, while one in five (20 per cent) "disagree" (five per cent strongly, 15 per cent somewhat).

Charitable gift giving seems like a viable alternative to traditional gifts as more Canadians than ever indicate having given these gifts in prior holiday seasons. Two in five (42 per cent) indicate having given a charitable gift in the past, up five points from 2007 (37 per cent).

— Metro News Services

CHARITABLE GIFT GIVING

METRO CUSTOM PUBLISHING

## BRYONY HOUSE SEEKING SPONSORS

In the midst of shopping for gifts and making holiday travel arrangements, it's important not to forget the people who are struggling at this time of year.

"The holidays often bring a lot of difficulty for families and we see an increase in people who experience violence," says Bryony House executive director Laurie Ehler. "Women and children are high-risk, so it's always about their safety."

Ehler says fundraising is critical for the not-for-profit organization, and they are currently looking for sponsors for the women and children who will be spending the holidays at Bryony House.

"We often have a lot of people staying with us over Christmas and that's always very hard for them," Ehler says. "It's not where they envisioned spending Christmas."

The organization is also looking for sponsors for families who are just leaving Bryony House and spending their first Christmas back in the community.

Ehler says many people get so wrapped up in holiday preparations that they forget about supporting charitable causes, even though now is when help is needed the most.

"We want to remind people to help others in their community and do something that



CONTRIBUTED

will bring joy to someone's life," Ehler says.

Bryony House is about to kick off its biggest fundraiser yet — the Dare to Dream Home Lottery — to help build an extension for the shelter and support affordable housing programs. A \$1.2-million dream home will be up for grabs, as well as six vehicles, a Harley-Davidson, 12 vacations, and \$100,000 in cash prizes. Tickets will be available soon on [daretodreamlottery.ca](http://daretodreamlottery.ca).



# GIFTS OF HOPE: WHEN GIVING IS RECEIVING

Two years ago, Ginger and Scott McClelland decided to see if they could make Christmas a little bit more about giving than receiving. After going through a Gifts of Hope catalogue they had received in the mail, the Ottawa couple chose baby chicks to give to all of their grandchildren.

Gifts of Hope are ethical gifts, which means they give twice — here and abroad. Ginger and Scott felt these gifts were the perfect way to introduce a special kind of holiday giving to their grandchildren. Once the four children, who ranged in age from 10 to 14, had opened the gift card with the picture of a fluffy baby chick on the front, Ginger and Scott explained how the chicks would help support a family in Africa.

“And the kids got very excited very quickly about the gift,” Ginger says. “The youngest, Emma, even sent a letter to Santa Claus asking him to make sure the gift got to the family on time.”

But the best part of the story was yet to come.

When Christmas came around the following year, the adults in the family agreed that they would exchange Gifts of Hope. However, during the gift exchange the really big surprise was that the four kids had decided that they would exchange Gifts of Hope with each other as well.

“All in all, I think we gave 12 Gifts of Hope, ranging from newborn checkup and a bed net to chicks, a goat, three hens and a rooster,” Ginger says. “Our gift to each other was literacy training for two women.

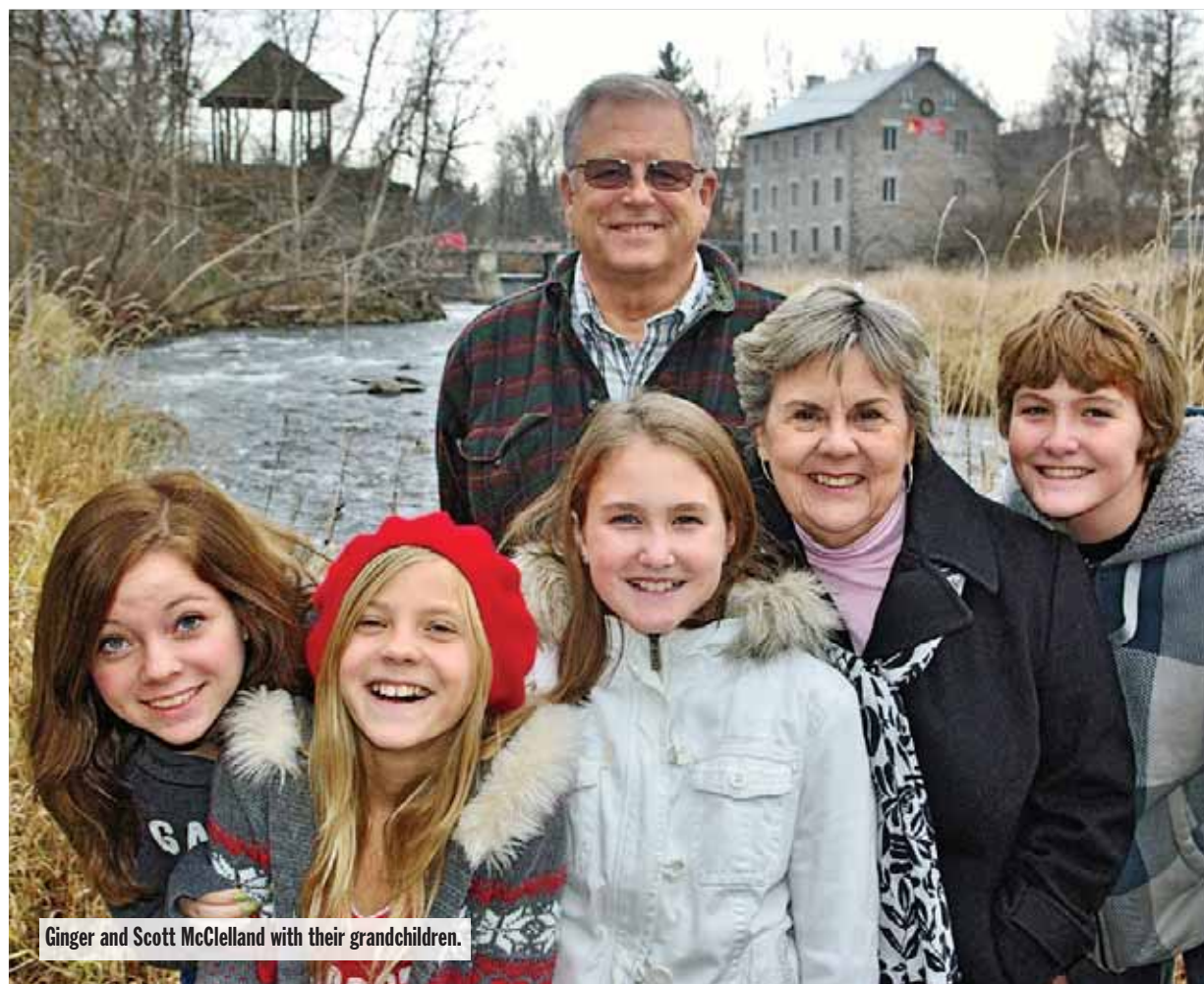
“Sometimes you look at what happens at Christmas and think ‘we may be missing the whole point,’” Scott says. “But it was a very emotional and special Christmas last year, and I was incredibly proud of my family.”

Gifts of Hope provided everyone in the McClelland family a wonderful way to help make someone else’s life a little better and to feel good about it.

“Gifts of Hope really are a unique gift-giving opportunity,” says Sangita Patel, director of program management at Plan Canada.

“For people who purchase a gift, it’s a way to give a socially conscious gift and to avoid crowded malls. For the recipient, the gift is contributing to important work overseas. For the children of the community that receives the gift, it’s about changing and improving their lives.”

Plan Canada is one of the world’s oldest



Ginger and Scott McClelland with their grandchildren.

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## REAL GIFTS THAT CHANGE REAL LIVES

In all, there are 42 Gifts of Hope to choose from, ranging in price from \$10 to \$50,000. Every gift comes with a free greeting card or e-card, and 26 of the gifts are matched by government, foundation or organizational partners. Here are some examples:

- Bed nets, \$10 (matched for a \$70 value)
- School essentials for one child, \$17 (matched for a \$119 value)
- Birth certificate, \$25 (matched for \$125 value)
- Newborn checkup, \$30 (matched for a \$120 value)
- Clean water for families, \$75 (matched for \$225 value)
- Literacy training for two women, \$120 (matched for \$600 value)
- Farm load of animals, \$190 (matched for a \$760 value)
- Help orphaned children affected by HIV, \$75 (matched for a \$1,200 value)

To see more Gifts of Hope or to place an order, visit [plangifts.com](http://plangifts.com) or call 1-800-387-1418.

est and largest international development agencies. Founded in 1937, it works in 69 countries and more than 90,000 communities around the world. Gifts of Hope is Plan Canada’s increasingly popular year-round ethical giving program, especially popular during the holiday period.

For parents — and grandparents like the McClellands — a Gift of Hope is a

great tool to very gently and in a positive way expose children to what life is like for other children in other places, Patel says.

“They provide such a nice teachable moment for kids amidst the holiday rush.”

Gifts of Hope support Plan Canada programs in the areas of education, health, clean water, and livelihoods.

Fifteen of the gifts are also designated as “Because I am a Girl” gifts, which go to support the work Plan does that directly benefits girls and women.

“These gifts help to unleash the power of girls and women to create a brighter, safer future for girls in the developing world,” Patel says.

Gifts suit any budget, ranging in price from \$10 for anti-malaria bed nets to \$75 for a goat to \$1,000 for water and sanitation for communities. Sometimes the dollar value of the gift is matched by a government, foundation or corporate partner for even more impact.

“It’s a great way to show care for what’s happening in other places,” Patel says. “And to show children how one gift can make lives better for other kids and families.”

One of the McClelland’s grandchildren, Ben, 14, says that the Gift of Hope chicks seemed “kind of weird” at first.

“But after I learned more about it, it felt like you could really help other people, and it was nice to be giving something rather than always just getting a lot.”





# Think outside the gift box

**Why a goat?** When you give a goat, you provide a family in a developing country with nourishment, the makings of a family business, and a new future. Gifts of Hope are real gifts to real projects that change real lives.

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Founded in 1937, Plan is one of the world's oldest and largest charities working to end global poverty. Inclusive of all faiths and cultures, Plan has only one purpose: to improve the lives of children.



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# Winter can be snow much fun

JASON  
MENARD  
For Metro

Keep kids busy during the holidays with some of the following activities.

**Skating:** Most cities have one or more public outdoor rinks. There is nothing like the experience of skating outside and it's a great way to spend some quality time with your children. If the weather isn't co-operating, most rinks also offer public skating opportunities.

**Snow fort/snowball fights:** If the snow is the right type and there's enough of it, why not head out to the park or your backyard and introduce your kids to the joys of building (and defending) a snow fort. And if you get too tired, feel free to lie down and make snow angels.

**Tobogganing:** Whether you prefer the traditional wooden sleds, have invested in one of those high-tech versions, or are willing to throw

caution to the wind with those crazy carpets, all you need to do is head off to the nearest hill and throw yourself down it.

**Winter sports:** We often think about hockey, but there are many other winter sports you may want to attend as a spectator. From basketball to roller derby, there is usually a game somewhere.

**Make a bird feeder:** You can buy one at the store or make one out of a pine cone. But however you do it, those hungry birds will appreciate it.

**Attend a winter carnival:** Most communities have some sort of event during the winter. Get together with neighbours, take the kids, and make an annual event of it.

But no matter what you do, don't forget to spend a few minutes afterwards recapping the event and spending some quality time with your kid or kids bonding over a cup of hot chocolate.



Tobogganing can be a fun family bonding experience during the holidays. CATHERINE YEULET/ISTOCK/THINKSTOCK



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# WJC departures lead to golden opportunities

**QMJHL.** The Herd's backup goalie Kevin Darveau, among others, will have plenty of chances to prove his worth in coming weeks



**ANDREW RANKIN**  
andrew.rankin@metronews.ca

Kevin Darveau has waited for this opportunity his whole life.

The likeable 19-year-old appeared almost giddy as he prepared to board the team bus parked just outside the Halifax Mooseheads' dressing room on Wednesday afternoon.

The Herd's rookie backup goalie is about to be the team's No. 1 goalie for Thursday's road matchup against the Baie-Comeau Drakkar. From there he'll have seven more games to look forward to while the Mooseheads' usual starter, Zach Fucale, is away suiting up for Team Canada at the world juniors, which runs from Boxing Day to Jan. 5.

It will be Darveau's time to shine. In seven games this season, he has accumulated a 3.02 goals-against average, coupled with a save percentage of 91 per cent.

"As soon as I made the team I knew Zach had a chance to make the world juniors and I knew I could play a lot of games during that time," said Darveau.

There will be no easing into



Mooseheads backup netminder Kevin Darveau will take over as the Herd's No. 1 goalie in the absence of Zach Fucale. JEFF HARPER/METRO

the role; he'll be facing the Mooseheads' archrival in his first start.

"I've been working really hard and I'm going to have fun. That's why I play hockey," Darveau said.

"I've always been a person who has a lot of confidence. So, that's not a problem."

The Mooseheads' two top scorers, Jonathan Drouin and Nikolaj Ehlers, have departed to represent Canada and Den-

## Quoted

**"I'm really looking forward to it. I'm looking to have a lot of fun."** Mooseheads goalie Kevin Darveau

mark, respectively. While Drouin is still feeling the effects of a mild concussion suffered in Friday's game against the Quebec Remparts, he is expected to suit up for Canada at some point.

That means players like

Darcy Ashley, Brent Andrews and Andrew Ryan will be expected to provide more offence for the Mooseheads. Luca Ciampini, who struggled earlier in the season but has come on as of late, knows he'll be counted on to up his production.

"It's a challenge I'm ready to take," he said. "You want to be on a roll going into Christmas break."

"We want to prove we're not a one- or two-man team. We can play a team game and grind out wins."

Expectations remain high for Mooseheads head coach Dominique Ducharme.

"I'm expecting everyone to step up, everyone," said Ducharme.

## Bloodoff relishing playing for Canada on world stage

Lucas Bloodoff fully realized what he was getting into the moment he walked into Team Canada's dressing room on Tuesday in Trentino, Italy.

The Saint Mary's Huskies captain and his teammates were ready to make their debut matchup against Japan at the 26th Winter Universiade. He couldn't help but feel an enormous sense of pride.

"Just seeing all the uniforms hanging up as I walked in there with the rest of the guys, it kind of hits home that you are actually representing Canada," said the reigning CIS player of the year. "It was a big

## Quoted

**"Gold is our main objective. But, we're breaking it down into a lot smaller goals: win every battle, period; win every game."** Lucas Bloodoff

moment."

To no one's surprise, Canada, which is made up entirely of Atlantic University Sport hockey all-stars, hammered Japan 12-1. Bloodoff got in on the act, contributing a goal in the lopsided affair.

The international tournament, which features the world's best university hockey players, is held every two

years. Each conference in the CIS gets a crack at gold. The AUS all-stars last made that happen in 2007.

Bloodoff knows just how lucky he is to be sharing the experience with three teammates: Cory Tanaka (who scored a pair of goals in Tuesday's victory), Anthony Peters and Michael D'Orazio, plus Dalhousie Tigers for-

ward Pierre Vandall (who also picked up a goal).

"It really is an honour and a privilege to represent Canada," Bloodoff said. "But it's extra special to do it with three teammates. It's something we were really excited about before we left. It's an experience we can take back to our team."

Canada plays its next game against Ukraine on Friday and finishes the preliminary round against another tournament favourite, Kazakhstan, on Sunday. The quarter-finals are set for Dec. 18, with the gold-medal game scheduled on Dec. 21.

ANDREW RANKIN/METRO



Lucas Bloodoff celebrates scoring against Japan on Tuesday at the 26th Winter Universiade.

COURTESY OF WINTER UNIVERSIADE  
TRENTINO 2013

4 SPORTS



MLB

## Hits no longer welcome at home

Major League Baseball plans to eliminate home-plate collisions.

New York Mets general manager Sandy Alderson, chairman of the rules committee, made the announcement Wednesday at the winter meetings. He said player health and increased awareness of concussions were behind the decision.

THE ASSOCIATED PRESS

NBA

## Rivers stings C's in return to Boston

Jamal Crawford hit a pair of three-pointers 23 seconds apart to help the Clippers pull away in the last three minutes and former Celtics coach Doc Rivers won his first game back in Boston when Los Angeles beat the Celtics 96-88 Wednesday night. Crawford came off the bench to score 21 points and Chris Paul had 22, nine assists and seven rebounds.

THE ASSOCIATED PRESS

# NHL. Maple Leafs KO'd by Kings' rookie goalie

Jeff Carter scored midway through the third period as the Los Angeles Kings beat the Toronto Maple Leafs 3-1 for their fifth straight win Wednesday.

Carter beat former teammate Jonathan Bernier with a wrist shot between the legs on a two-on-one at 9:40 for his eighth of the year. Defenceman Paul Ranger failed to keep the puck in the Los Angeles end, creating the odd-man rush.

Drew Doughty and Kyle Clifford, with an insurance goal with 1:59 remaining, also scored for Los Angeles (21-7-4) before 19,375 at the Air Canada Centre.

Martin Jones, a 23-year-old rookie from North Vancouver, earned his fourth straight win in four career NHL starts for Los Angeles with ex-Leaf Ben Scrivens on the bench. The Kings' No. 1 Jonathan Quick is out injured.

Jones came into the game with a .973 save percentage and 0.65 goals-against average. He had stopped 73 of 75 shots and hadn't been beaten in 142



Kings winger Jeff Carter and Leafs defenceman Mark Fraser collide on Wednesday in Toronto.

TORSTAR NEWS SERVICE

minutes, 46 seconds.

Cody Franson scored for Toronto (16-13-3), which deserved better on the night.

The Leafs were without captain and top defenceman Dion Phaneuf, serving the first half of a two-game suspension for a weekend hit on Boston's Kevan Miller. But winger Joffrey Lupul returned after a seven-game absence due to a groin tear.

THE CANADIAN PRESS

NHL

### EASTERN CONFERENCE

#### ATLANTIC DIVISION

|           | GP | W  | L  | OL | GF | GA  | Pt |
|-----------|----|----|----|----|----|-----|----|
| Boston    | 31 | 21 | 8  | 2  | 86 | 62  | 44 |
| Montreal  | 32 | 19 | 10 | 3  | 85 | 71  | 41 |
| Detroit   | 32 | 15 | 9  | 8  | 87 | 85  | 38 |
| Tampa Bay | 30 | 17 | 10 | 3  | 85 | 76  | 37 |
| Toronto   | 32 | 16 | 13 | 3  | 87 | 90  | 35 |
| Ottawa    | 32 | 12 | 14 | 6  | 92 | 105 | 30 |
| Florida   | 32 | 10 | 17 | 5  | 73 | 106 | 25 |
| Buffalo   | 31 | 7  | 22 | 2  | 53 | 92  | 16 |

#### METROPOLITAN DIVISION

|              | GP | W  | L  | OL | GF | GA  | Pt |
|--------------|----|----|----|----|----|-----|----|
| Pittsburgh   | 32 | 21 | 10 | 1  | 98 | 71  | 43 |
| Washington   | 31 | 17 | 12 | 2  | 98 | 90  | 36 |
| Carolina     | 32 | 13 | 13 | 6  | 75 | 91  | 32 |
| NY Rangers   | 32 | 15 | 16 | 1  | 70 | 84  | 31 |
| New Jersey   | 32 | 12 | 14 | 6  | 73 | 82  | 30 |
| Philadelphia | 30 | 13 | 14 | 3  | 68 | 78  | 29 |
| Columbus     | 31 | 13 | 15 | 3  | 78 | 86  | 29 |
| NY Islanders | 32 | 9  | 18 | 5  | 80 | 111 | 23 |

#### Wednesday's results

Los Angeles 3 Toronto 1  
Philadelphia at Chicago  
Minnesota at Anaheim

#### Tuesday's results

Los Angeles 6 Montreal 0  
Washington 6 Tampa Bay 5 (SO)  
Buffalo 2 Ottawa 1 (SO)  
Columbus 5 New Jersey 4  
Nashville 4 NY Rangers 1  
Florida 3 Detroit 2 (SO)  
St. Louis 2 Winnipeg 1  
Chicago 6 Dallas 2  
Phoenix 3 Colorado 1  
Boston 2 Calgary 1  
Edmonton 5 Carolina 4 (OT)  
NY Islanders 3 San Jose 2 (SO)

### SCORING LEADERS

|                 | G  | A  | Pts |
|-----------------|----|----|-----|
| Crosby, Pgh     | 16 | 27 | 43  |
| Kane, Chi       | 17 | 23 | 40  |
| Malkin, Pgh     | 8  | 30 | 38  |
| Getzlaf, Ana    | 16 | 21 | 37  |
| Tavares, NYI    | 12 | 24 | 36  |
| Ovechkin, Wash  | 26 | 9  | 35  |
| Perry, Ana      | 20 | 15 | 35  |
| Steen, STL      | 21 | 12 | 33  |
| Backstrom, Wash | 7  | 25 | 32  |

### WESTERN CONFERENCE

#### CENTRAL DIVISION

|           | GP | W  | L  | OL | GF  | GA | Pt |
|-----------|----|----|----|----|-----|----|----|
| Chicago   | 33 | 22 | 6  | 5  | 122 | 91 | 49 |
| St. Louis | 29 | 20 | 6  | 3  | 100 | 67 | 43 |
| Minnesota | 32 | 18 | 9  | 5  | 77  | 75 | 41 |
| Colorado  | 29 | 20 | 9  | 0  | 83  | 68 | 40 |
| Dallas    | 29 | 14 | 10 | 5  | 83  | 86 | 33 |
| Winnipeg  | 32 | 14 | 14 | 4  | 83  | 90 | 32 |
| Nashville | 31 | 14 | 14 | 3  | 71  | 89 | 31 |

#### PACIFIC DIVISION

|             | GP | W  | L  | OL | GF  | GA  | Pt |
|-------------|----|----|----|----|-----|-----|----|
| Anaheim     | 33 | 21 | 7  | 5  | 106 | 86  | 47 |
| Los Angeles | 32 | 21 | 7  | 4  | 88  | 63  | 46 |
| San Jose    | 31 | 19 | 6  | 6  | 103 | 78  | 44 |
| Vancouver   | 33 | 18 | 10 | 5  | 88  | 81  | 41 |
| Phoenix     | 30 | 17 | 8  | 5  | 97  | 94  | 39 |
| Calgary     | 30 | 11 | 15 | 4  | 79  | 100 | 26 |
| Edmonton    | 32 | 11 | 18 | 3  | 89  | 109 | 25 |

Note: Two points for a win, one point for overtime loss.

#### Thursday's games — All Times Eastern

Montreal at Philadelphia, 7 p.m.  
Columbus at NY Rangers, 7 p.m.  
Buffalo at Ottawa, 7:30 p.m.  
Detroit at Tampa Bay, 7:30 p.m.  
Toronto at St. Louis, 8 p.m.  
Dallas at Nashville, 8 p.m.  
Colorado at Winnipeg, 8 p.m.  
Carolina at Calgary, 9 p.m.  
NY Islanders at Phoenix, 9 p.m.  
Boston at Edmonton, 9:30 p.m.  
Minnesota at San Jose, 10:30 p.m.  
Friday's games  
New Jersey at Pittsburgh, 7 p.m.  
Washington at Florida, 7:30 p.m.  
Edmonton at Vancouver, 9 p.m.

NBA

### EASTERN CONFERENCE

|              | W  | L  | Pct  | GB     |
|--------------|----|----|------|--------|
| d-Indiana    | 19 | 3  | .864 | —      |
| d-Miami      | 16 | 6  | .727 | 3      |
| Atlanta      | 11 | 11 | .500 | 8      |
| d-Boston     | 10 | 14 | .417 | 10     |
| Detroit      | 10 | 12 | .455 | 9      |
| Charlotte    | 10 | 12 | .455 | 9      |
| Washington   | 9  | 11 | .450 | 9      |
| Chicago      | 8  | 11 | .421 | 9 1/2  |
| Cleveland    | 8  | 13 | .381 | 10 1/2 |
| Toronto      | 7  | 13 | .350 | 11     |
| Brooklyn     | 7  | 14 | .333 | 11 1/2 |
| Orlando      | 7  | 15 | .318 | 12     |
| Philadelphia | 7  | 15 | .318 | 12     |
| New York     | 5  | 15 | .250 | 13     |
| Milwaukee    | 5  | 17 | .227 | 14     |

### WESTERN CONFERENCE

|                 | W  | L  | Pct  | GB     |
|-----------------|----|----|------|--------|
| d-Portland      | 18 | 4  | .818 | —      |
| d-San Antonio   | 17 | 4  | .810 | 1/2    |
| Oklahoma City   | 16 | 4  | .800 | 1      |
| d-L.A. Clippers | 15 | 8  | .652 | 3 1/2  |
| Houston         | 15 | 7  | .682 | 3      |
| Denver          | 13 | 8  | .619 | 4 1/2  |
| Dallas          | 13 | 9  | .591 | 5      |
| Phoenix         | 12 | 9  | .571 | 5 1/2  |
| Golden State    | 12 | 10 | .545 | 6      |
| Memphis         | 10 | 10 | .500 | 7      |
| Minnesota       | 10 | 11 | .476 | 7 1/2  |
| L.A. Lakers     | 10 | 11 | .476 | 7 1/2  |
| New Orleans     | 9  | 10 | .474 | 7 1/2  |
| Sacramento      | 6  | 13 | .316 | 10 1/2 |
| Utah            | 4  | 19 | .174 | 14 1/2 |

x - clinched playoff berth; y - division; z - conference.

#### Wednesday's results

Orlando 92 Charlotte 83  
L.A. Clippers 96 Boston 88  
San Antonio 109 Milwaukee 77  
Detroit at New Orleans  
Philadelphia at Minnesota  
Chicago at New York  
Oklahoma City at Memphis  
Utah at Sacramento  
Dallas at Golden State  
Tuesday's results  
San Antonio 116 Toronto 103  
Cleveland 109 New York 94  
Indiana 90 Miami 84  
Minnesota 121 Detroit 94  
Oklahoma City 101 Atlanta 92  
Brooklyn 104 Boston 96  
Milwaukee 78 Chicago 74  
Phoenix 114 L.A. Lakers 108  
Thursday's games  
L.A. Clippers at Brooklyn, 8 p.m.  
Houston at Portland, 10:30 p.m.

# THANKS TO YOU

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Thursday, December 12<sup>th</sup> to Wednesday, December 18<sup>th</sup>

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## Horoscopes

### Aries

March 21 - April 20

You may think you have to tear everything down and start from scratch but it's not necessary. There is precious little wrong with your life and a few minor changes here and there is all that is required.

### Taurus

April 21 - May 21

It may at times seem as if you are not making much progress but in a matter of days there will be clear signs that you are on the verge of a major breakthrough.

### Gemini

May 22 - June 21

Your thoughts seem to be a bit heavy and there are certainly one or two areas where you need to get serious. But don't get so serious that all the fun goes out of your life.

### Cancer

June 22 - July 23

It may be true that someone is saying awkward things about you but there is no reason to get paranoid and start thinking everyone is against you. Whatever you've done, you are still most people's number one.

### Leo

July 24 - Aug. 23

It may be hard for you to understand why certain people act in certain ways but there is no point getting worked up about it because you won't change the way they are. Try acting as if you don't care what they do.

### Virgo

Aug. 24 - Sept. 23

If you have started on a scheme then you must see it through to the end. Having invested so much time and energy, you cannot give up on it now. Besides, it could work out.

### Libra

Sept. 24 - Oct. 23

At some stage today you will realize that you are not going to get far with a joint project, thanks to people dragging their feet. You will, though, make progress in areas where you can work on your own.

### Scorpio

Oct. 24 - Nov. 22

When you get annoyed, you go to extremes and an unfortunate person is going to be in your bad books today. Yes, maybe you will be too hard on them, but it will be a long time before they dare to upset you.

### Sagittarius

Nov. 23 - Dec. 21

Don't take anything too seriously today because if you do, you may get depressed and start wondering why you bother to make an effort. Snap out of it by focusing on things that make you smile.

### Capricorn

Dec. 22 - Jan. 20

You want to help someone who is struggling but you know if you do they will struggle more in the future. They need to learn from their mistakes, painful though that may be.

### Aquarius

Jan. 21 - Feb. 19

You will have to work twice as hard to catch up on things you should have done yesterday. If you apply yourself, you may get ahead — and get a reward for your efforts tomorrow.

### Pisces

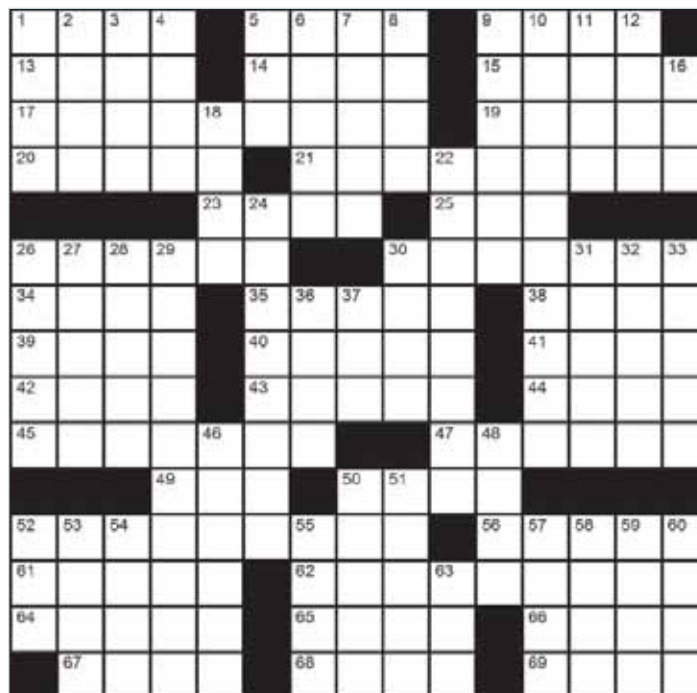
Feb. 20 - March 20

Are you making the most of your time? Chances are you have allowed hours, days, even weeks to slip by without doing anything special. That must now change. **SALLY BROMPTON**

## Crossword: Canada Across and Down

### Across

1. Prima donna
5. Cloak: Spanish
9. 2s
13. Plow pullers
14. Caesar's 955
15. Steal a stash, again
17. Nickname of Manitoba's capital city
19. SNL alum Cheri
20. Rock bottom
21. The Band concert film directed by Martin Scorsese, "The \_\_\_\_\_" (1978)
23. UK awards since 1917
25. "For \_\_\_ a jolly good..."
26. Daniel Defoe's 1719 book, Robinson \_\_\_\_\_
30. More like cow juice
34. From-clothes fluff
35. Sitar songs
38. Family suffix in zoology
39. Hodgepodge
40. Get a glass of water to get cold really fast: 2 wds.
41. Telegram
42. Hireling
43. "\_\_\_ go on?"
44. Like some airports [abbr.]
45. Working together well
47. Tropical fruits
49. Montreal's 'me'



50. Shoe part
52. 1880 Dostoevsky novel, The Brothers \_\_\_\_\_
56. Overbearing
61. "\_\_\_ Teenage Werewolf" (1957)
62. Jets competition, when in Colorado
64. Type of mil. mission

65. Surrealist painter, \_\_\_ Magritte (b.1898 - d.1967)
66. Helix
67. \_\_\_ stretch of the imagination
68. Too
69. And others [abbr.]: 2 wds.

### Down

1. This clue: #1-\_\_

2. Corn lily
3. Peddle
4. \_\_\_-gravity
5. "Green River" gr.
6. Plentiful
7. Impassionate requests
8. Norms, for short
9. Plaster-spreading tool
10. Alberta city south

- of Edmonton
11. Great pitcher Mr. Hershisser
12. Separate, as laundry
16. Commerce, curtly
18. Fun suffix to 'Switch'
22. 1983 Bryan Adams single: 2 wds.
24. Prehistoric land of

- The Arctic
26. Horse-on-cobblestone sounds
27. Amber \_\_, "Dancing with the Stars" reigning champion
28. Employees organization
29. Profession of 2nd Prime Minister Alexander Mackenzie
30. \_\_\_-of-honour
31. Picking from a police lineup
32. Keep one's \_\_\_ the ground
33. Movie studio stocks
36. \_\_\_-Deucey (Backgammon variant)
37. "Golly!"
46. Comedian/actor Ray
48. Duchess of \_\_\_ (Subject of Spanish painter Goya)
50. Shack
51. Singer, Faith \_\_\_
52. Wine aperitif
53. Caught in \_\_\_ of lies
54. Daring
55. \_\_\_ Phillips (Queen Elizabeth's granddaughter who is an Olympic equestrian)
57. \_\_\_ and for all
58. William Wallace, for example
59. Mr. LaBeouf
60. Scream
63. Sean Penn's director father

## Yesterday's Crossword



## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

## Yesterday's Sudoku

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 7 | 4 | 5 | 6 | 2 | 9 | 1 | 3 | 8 |
| 9 | 3 | 8 | 7 | 1 | 4 | 6 | 5 | 2 |
| 6 | 2 | 1 | 8 | 5 | 3 | 7 | 4 | 9 |
| 4 | 9 | 7 | 3 | 6 | 1 | 8 | 2 | 5 |
| 8 | 1 | 3 | 2 | 4 | 5 | 9 | 6 | 7 |
| 2 | 5 | 6 | 9 | 8 | 7 | 3 | 1 | 4 |
| 3 | 8 | 4 | 1 | 7 | 2 | 5 | 9 | 6 |
| 1 | 6 | 2 | 5 | 9 | 8 | 4 | 7 | 3 |
| 5 | 7 | 9 | 4 | 3 | 6 | 2 | 8 | 1 |

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
|   | 6 |   | 4 | 8 |   |   |   |   |
|   | 9 |   | 6 |   |   | 1 | 3 |   |
|   |   | 1 | 9 |   |   | 6 |   |   |
|   |   |   |   |   |   | 2 | 7 | 6 |
| 6 |   |   |   | 1 |   |   |   | 5 |
| 5 | 8 | 7 |   |   |   |   |   |   |
|   |   | 3 |   |   | 5 | 1 |   |   |
| 4 | 5 |   |   |   | 9 |   | 3 |   |
|   |   |   |   | 7 | 2 |   | 9 |   |

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